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Advanced Pilates For Beginners Explained For Creators

Lauren Gardner



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strengthening programs to augment one's golf game. This will provide an enhancement of the game which will improve a golfer's journey physically and spiritually. Finally, one should get out of this book what golf has to offer each of us: wisdom and joy.

The University of Virginia Record University of Virginia, 2004 *G.K. Hall Bibliographic Guide to Dance* New York Public Library. Dance Division, 1999

Antiracism in Ballet Teaching Kate Mattingly, Iyun Ashani Harrison, 2023-12-11

This new collection of essays and interviews assembles research on teaching methods, choreographic processes, and archival material that challenges systemic exclusions and provides practitioners with accessible steps to creating more equitable teaching environments, curricula, classes, and artistic settings. *Antiracism in Ballet Teaching* gives readers a wealth of options for addressing and dismantling racialized biases in ballet teaching, as well as in approaches to leadership and choreography. Chapters are organized into three sections: Identities, Pedagogies, and Futurities, that illuminate evolving approaches to choreographing and teaching ballet. Shine light on artists, teachers, and dancers who are lesser known, less visible in a racialized canon, and amplify the importance of holistic practices that integrate ballet history with technique and choreography. Chapter authors include award-winning studio owners, as well as acclaimed choreographers, educators, and scholars. The collection ends with interviews featuring ballet company directors Robert Garland and Alonzo King, world-renowned scholars Clare Croft, Thomas F. DeFrantz, Brenda Dixon Gottschild, sought-after choreographers Jennifer Archibald and Claudia Schreier, and beloved educators Keesha Beckford, Tai Jimenez, and Endalyn Taylor. This is an essential resource for anyone teaching or learning to teach ballet in the Twenty-First Century.

Finding Balance Gigi M. Berardi, 2005

Finding Balance offers an overview of issues faced by all performing dancers: injury, technique, fitness, nutrition, career management. The text includes profiles of well-known dancers, how they have coped with these issues.

Bowker's Complete Video Directory 2001, 2001 **Library Journal**, 2002 *The Academy*, 1881 *The Furniture Gazette*, 1885

The Athenæum, 1874 *The Writer's Market* ERS., 2001. Describes thousands of markets for writers, covering magazines, publishers, syndicates, and contests, with information on submission requirements, pay scale, and freelance work, and listings of editors and agents.

Modern Church, 1892 *Dance Magazine*, 1944 *The Video Source Book* David J. WEINER, 1990

Travel & Leisure, 2007 **Iron Age and Hardware, Iron and Industrial Reporter**, 1896 **Billboard**, 2004-02-21

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Shape, 1996 *Spectacle*, 2002

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