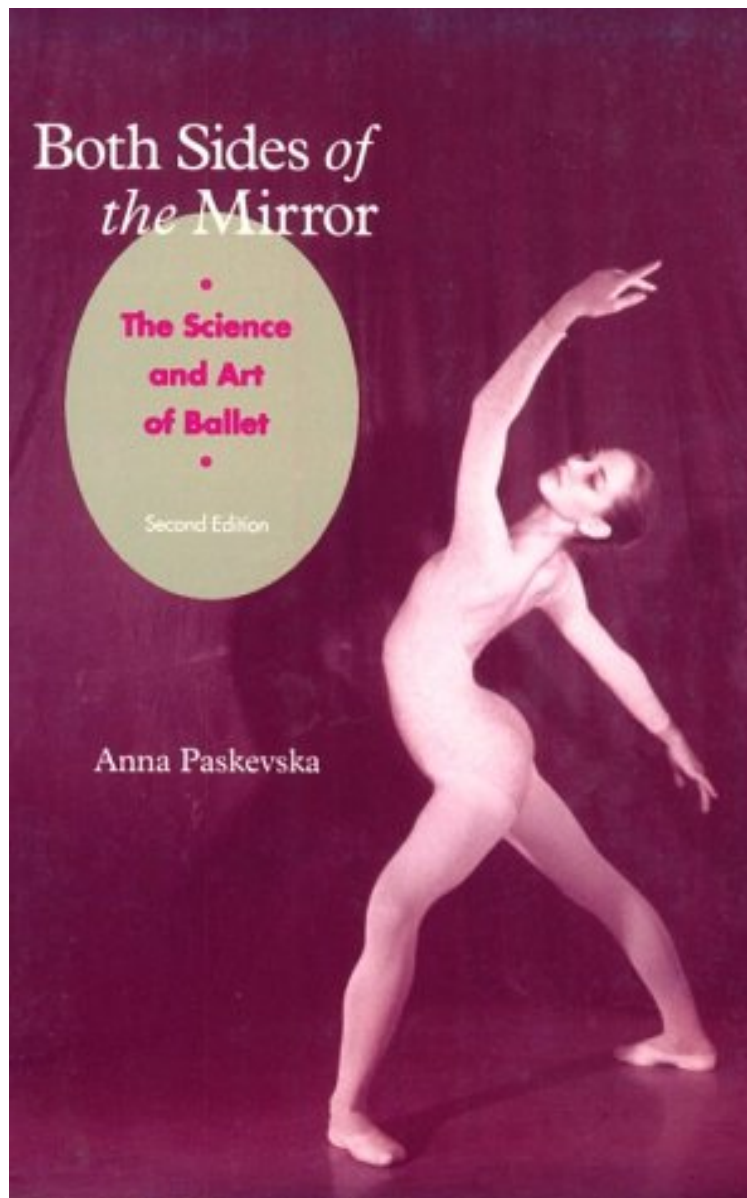


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## **Both Sides of the Mirror: The Science Art of Ballet (Dance Horizons Book)**

*Anna Paskevskaja*

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**Anna Paskevskaja : Both Sides of the Mirror: The Science Art of Ballet (Dance Horizons Book)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Both Sides of the Mirror: The Science Art of Ballet (Dance Horizons Book):

0 of 0 people found the following review helpful. I have other ballet technique books I like better. By C. Weidmann This is a technique book. Elements of artistry are not discussed. I felt like the title was misleading. 3 of 4 people found the following review helpful. \*The Science and Art of Ballet\* +++ By Kevin Kiersky My first \*martial arts\* mentor suggested \*fine dance\* as the best background for \*martial arts\* practice. I now see the truth of that. \*Fine dance\* is a great way to acquire poise, grace, balance and co-ordination -- furthering general artful movement. \*Both Sides of the Mirror\* goes deeply into ideal aspects of fine dance circa Ballet. Via this book, there is much to learn about Ballet, dance and any dance-like movement -- including \*cousin arts\* such as Savate, Boxing or even Kenpo. Some may indeed view the deep ideas as exactly expressed in this work as \*too scientific\*. Others, such as I, will treasure such concise and precise presentation -- that does indeed go deeply into \*psychosomatic\* aspects of artful movement -- for example, I quote from page 27 on \*Posture and Placement\* ---- "Dr Lulu Sweigard, who has written extensively on the subject of skeletal alignment, conducted a study on about 200 students. It was designed to test the importance of subcortical patterning of muscle function on the actual functioning of the skeleton. She discovered that changes in skeletal alignment could be achieved through the use of mental images to locate and visualize movement in the body." ---- VIA \*Nine Lines of Movement\* -- furthering artful movement par excellence of \*The Science and Art of Ballet\* +++ 0 of 0 people found the following review helpful. Five Stars By Emery E Hill Great perspective on Ballet. The science is important to understand the artistry of Ballet.

A technical exploration of the art of ballet incorporating findings in the fields of kinesiology, biomechanics, and physiology