

French Author Publishes New Book about the Effects of Ballet on the Body

Written by Australian Business

(PRLEAP.COM) "The Feeling Balletbody: Building the Dancer's Instrument According to Ballet Body Logic," a new book by Annemari Autere, has been released by Dorrance Publishing Co., Inc.

"I am fascinated by how much time six-year-old children can spend making the thumb touch the index finger, then the middle finger, and so on. So taken by this little exercise, they get cross-eyed when asked to do both hands at the same time."

While many parents – and teachers – believe that ballet lessons should start as early as five or six, Annemari Autere expounds on the contrary. In this book, she reveals how ballet students can effortlessly enhance posture, movements, and others in ballet. Erroneous myths are revealed and debunked as she explains, scientifically and through experience, the ins and outs of a ballet dancer's instrument.

About the Author: Annemari Autere is a member of several professional groups, which include the International Association of Dance Medicine and Science, Nordic Forum for Dance Research, Conseil International de Danse, Norske Dansekunstnere, and the Association Dance Medicine Research.

A former dancer at the Norwegian National Ballet and the Royal Swedish Ballet, Annemari Autere developed her method BalletBodyLogic during her 15 years as an associate professor at the Arts Department of the University in Nice.

"The Feeling Balletbody: Building the Dancer's Instrument According to Ballet Body Logic" is a 260-page paperback with a retail price of \$66.00. The ISBN is 978-1-4809-0152-0. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore at www.dorrancebookstore.com