



Ballet Beyond Tradition

By Anna Paskevska

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For nearly a century, the training of ballet and modern dancers has followed two divergent paths. Modern practitioners felt ballet was artificial and injurious to the body; ballet teachers felt that modern dancers lacked the rigorous discipline and control that comes only from years of progressive training.

Ballet Beyond Tradition seeks to reconcile these age-old conflicts and bring a new awareness to ballet teachers of the importance of a holistic training regimen that draws on the best that modern dance and movement-studies offers.

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Editorial Review

Review

"There are many ballet teachers who are revisiting the classical vocabulary in light of other movement techniques...yoga, martial arts, Pilates, Alexander Technique, Bartenieff Fundamentals....I applaud [this book's effort to enlighten ballet teachers into realizing that basic movement principles and attention to developmental aspects of teaching are important."

-Melanie Bales, Ohio State University

About the Author

Anna Paskevska is the author of one of the best-regarded books on kinesiology and dance, *Both Sides of the Mirror*, first published in 1982, and issued in a 2nd edition in 1992. She also is the author of *Ballet: From the First Plié to Mastery*, a syllabus for ballet teaching (Routledge, 2002). She is past Chair of the Dance Department at the Chicago Academy of Arts.

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