

THE FEELING BALLETBODY BUILDING THE DANCER S INSTRUMENT ACCORDING TO BALLETBODYLOGIC BY ANNEMARI AUTERE



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Annemari Autere



Building the Dancer's Instrument
According to BalletBodyLogic

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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 Medecine 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.

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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.

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Generous and brilliant

By emanuela iacopini

After taking part in many practical training sessions of her method I thought that it would be impossible to grasp what Annemari tells you in the studio by reading a book. I discovered with a smile on my face that reading her book is hearing her talk.. and you can hear it as many times as you need to!

0 of 0 people found the following review helpful.

Easy to read

By Diego Sanchez

If you have never read the Bible, read this one!

This is a revolutionary method to understand your body, and build it in a conscious and respectful way. By training muscles you most often don't know about, you gain mastery of your instrument, no matter your chosen field. Written for dancers, even athletes, musicians, old and young can benefit from this book! Easy to read, clearly and funnily illustrated, it's amazing to see a serious subject like this treaded and explained so exhaustively and in such a humoristic way.

0 of 0 people found the following review helpful.

I absolutly recommend reading this generous and abundant book

By Kirsten

I absolutly recommend reading this generous and abundant book. Full of knowledge and experience made easy and fun.

Annemari Autere is an innovative explorer with loads of knowlwdge of the human body`s potensial in movement/dance and expression. By reading and practising her method, I was able to use many powerfull tools to connect to my body in a healthy way. In this work there is great potensial to develop and become a nuanced, artistic dancer/mover/human beeing, without pain and injuring your body.

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