



Ballet for Life: Exercises and Inspiration from the World of Ballet Beautiful

Mary Helen Bowers

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A chic and informative guide to the Ballet Beautiful method, featuring dance-inspired exercises, wellness tips, and lifestyle advice that help readers achieve ballerina confidence and self-esteem.

After a career with the New York City Ballet, Mary Helen Bowers created Ballet Beautiful, a fitness and lifestyle program inspired by ballet's artistry and athleticism. Designed to give anyone a ballerina body, Bowers's targeted exercises tone and lengthen muscles, develop good posture, and teach grace in movement. Since launching in 2008, Bowers and her training have been sought after by celebrities and models (Alexa Chung, Liv Tyler, and Miranda Kerr, to name a few), as well as thousands of women across the globe through their streaming service.

This book delves into the Ballet Beautiful universe, showing readers how to attain a ballerina's lean and powerful physique and graceful poise via exercises, posture lessons, wellness tips, and fashion and beauty advice that can be effortlessly incorporated into everyday routines. The book features original images by the legendary photographers Inez and Vinoodh coupled with technical photographs illustrating the Ballet Beautiful workout and lifestyle. A refreshing antidote to traditional fitness programs and restrictive diets, this book is a stylish and instructional guide to transforming your body and life through ballet.

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