

BALLET BEAUTIFUL BOOK



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This book was clearly made for me. Ballet Beautiful was written by Mary Helen Bowers, the amazing woman and dancer behind Natalie Portman s ballerina transformation in Black Swan, and is a perfect introductory or basic guide for adopting a healthy lifestyle and transforming your body to gain the strength, grace, and focus of a ballet dancer .

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Ballet Beautiful Book Trailer

Sneak peek at Mary Helen's new book, Ballet Beautiful. Available in paperback and e-book where books are sold!

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Ballet Beautiful Google Books

Ballet Beautiful is a fitness method that blends the artistry and athleticism of ballet with an easy, accessible

eating plan that works for every body and absolutely no dance experience is required.

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From her first exposure to ballet at a young age, to her admittance to the Imperial Ballet School, to her signature role, the book portrays Pavlova as an example of grace, beauty and tough-as-nails grit, as well as her passion for sharing ballet with the world.

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