

Dance Anatomy Jacqui Haas

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Dance Anatomy-2nd Edition - Haas, Jacqui Greene - Google Books

Abdominal stretch demonstrated This is an excerpt from Dance Anatomy, Second Edition, by Jacqui Greene Haas. Execution. Lie prone with your palms on the ground and your elbows bent and close to your sides. ... Learn more about Dance Anatomy, Second Edition. The above excerpt is from:

Dance Anatomy-2nd Edition: \$24.95

Dance Anatomy, Second Edition: Abdominal stretch demonstrated

Jacqui Greene Haas has been the athletic trainer for the Cincinnati Ballet since 1989, is the director of dance medicine academic seminars (www.dancemedicine.net), and is the director of the dance medicine division of Wellington Orthopedics in Cincinnati, Ohio, where she treats dancers in physical therapy, postsurgical rehabilitation, and general conditioning.

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