

BALANCING



THE BALANCING ACT

BY JAMES H. HARRIS

The Balanchine Library Robert Schumanns Dauidsbundlertanze

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Rethinking Schumann Roe-Min Kok, Laura Tunbridge, 2011-01-19 This collection of essays aims to broaden and update scholarly approaches to Schumann by considering his works and their reception in the context of various cultural and socio institutional frameworks from mid nineteenth century politics through Nazi Germany to late twentieth century popular culture

NYC Ballet Workout Peter Martins, 1997-01-13 New York City Ballet Workout is a revolutionary fitness program that will help you begin to develop lean abs firm buttocks a contoured waist sculpted legs slim thighs strong arms perfect posture flexibility you never thought possible and grace and poise of a dancer More than three hundred stunning step by step and other photographs throughout make this the most beautiful and easy to use exercise book ever created This elegant book is unlike any exercise book ever published Graced with more than 300 instructional exercise photographs and extraordinary duotone portraits of New York City Ballet dancers The New York City Ballet Workout explores the company's philosophy of balancing art life and fitness By combining elements of New York City Ballet's balletic regimen with practical strength building exercises The New York City Ballet Workout can help people achieve a strong graceful and flexible body one that displays the impeccable poise that is the trademark of New York City Ballet dancers Many exercises of The New York City Ballet Workout were once confined to the world's elite rehearsal studios Now as refined by Peter Martins and his company these exercises have been designed as a comprehensive holistic approach to the body that can be used by anyone from the out of shape to the serious athlete to attain a lean hard beautiful body From flexibility to endurance this is a complete exercise program for men and women

Mr. B Jennifer Homans, 2023-11-07 PULITZER PRIZE FINALIST A fascinating read about a true genius and his unrelenting thirst for beauty in art and in life MIKHAIL BARYSHNIKOV Winner of the Plutarch Award for Best Biography and the Marfield Prize for Arts Writing Finalist for the National Book Critics Circle Award the Los Angeles Times Book Prize the PEN Jacqueline Bograd Weld Award the Kirkus Prize and the Baillie Gifford Prize Based on a decade of unprecedented research the first major biography of George Balanchine a broad canvas portrait set against the backdrop of the tumultuous century that shaped the man The New York Times called the Shakespeare of dancing from the bestselling author of *Apollo's Angels* New York Times Editors Choice ONE OF THE BEST BOOKS OF THE YEAR The New York Times Book Review The New Yorker Vanity Fair NPR Oprah Daily Arguably the greatest choreographer who ever lived George Balanchine was one of the cultural titans of the twentieth century The New York Times called him the Shakespeare of dancing His radical approach to choreography and life reinvented the art of ballet and made him a legend Written with enormous style and artistry and based on more than one hundred interviews and research in archives across Russia Europe and the Americas Mr B carries us through Balanchine's tumultuous and high pitched life story and into the making of his extraordinary dances Balanchine's life intersected with some of the biggest historical events of his century Born in Russia under the last czar Balanchine experienced the upheavals of World War I the Russian Revolution exile World War II and the

Cold War A co founder of the New York City Ballet he pressed ballet in America to the forefront of modernism and made it a popular art None of this was easy and we see his loneliness and failures his five marriages all to dancers and many loves We follow his bouts of ill health and spiritual crises and learn of his profound musical skills and sensibility and his immense determination to make some of the most glorious strange and beautiful dances ever to grace the modern stage With full access to Balanchine s papers and many of his dancers Jennifer Homans the dance critic for The New Yorker and a former dancer herself has spent more than a decade researching Balanchine s life and times to write a vast history of the twentieth century through the lens of one of its greatest artists the definitive biography of the man his dancers called Mr B

Bibliographic Guide to Dance New York Public Library. Dance Collection,1994 *Reading Dance* Robert Gottlieb,2008-11-04 Robert Gottlieb s immense sampling of the dance literature by far the largest such project ever attempted is both inclusive to the extent that inclusivity is possible when dealing with so vast a field and personal the result of decades of reading It limits itself of material within the experience of today s general readers avoiding for instance academic historical writing and treatises on technique its earliest subjects are those nineteenth century works and choreographers that still resonate with dance lovers today Giselle The Sleeping Beauty Swan Lake Bournonville and Petipa And as Gottlieb writes in his introduction The twentieth century focuses to a large extent on the achievements and personalities that dominated it from Pavlova and Nijinsky and Diaghilev to Isadora Duncan and Martha Graham from Ashton and Balanchine and Robbins to Merce Cunningham and Paul Taylor and Twyla Tharp from Fonteyn and Farrell and Gelsey Kirkland the Judy Garland of Ballet to Nureyev and Baryshnikov and Astaire as well as the critical and reportorial voices past and present that carry the most conviction In structuring his anthology Gottlieb explains he has tried to help the reader along by arranging its two hundred plus entries into a coherent groups Apart from the sections on major personalities and important critics there are sections devoted to interviews Tamara Toumanova Antoinette Sibley Mark Morris profiles Lincoln Kirstein Bob Fosse Olga Spessivtseva teachers accounts of the birth of important works from Petrouchka to Apollo to Push Comes to Shove and the movies from Arlene Croce and Alastair Macauley on Fred Astaire to director Michael Powell on the making of The Red Shoes Here are the voices of Cecil Beaton and Irene Castle Ninette de Valois and Bronislava Nijinska Maya Plisetskaya and Allegra Kent Serge Lifar and Jos Lim n Alicia Markova and Natalia Makarova Ruth St Denis and Michel Fokine Susan Sontag and Jean Renoir Plus a group of obscure even eccentric extras including an account of Pavlova going shopping in London and recipes from Tanaquil LeClerq s cookbook With its huge range of content accompanied by the anthologist s incisive running commentary *Reading Dance* will be a source of pleasure and instruction for anyone who loves dance **Index to Dance Periodicals** ,1993 Attitudes & Arabesques ,1992-06 Bowker's Complete Video Directory, 1999 ,1999 *The New Yorker* Harold Wallace Ross,William Shawn,Tina Brown,David Remnick,Katharine Sergeant Angell White,Rea Irvin,Roger Angell,2007 **G.K. Hall Bibliographic Guide to Dance** New York Public Library. Dance

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 Access ,1983 **All in the Dances** Terry Teachout,2004 Publisher Description Facets Video Encyclopedia Catherine
 Foley,Milos Stehlik,1999 Calling it a virtual cinemath que on video the Telluride Film Festival gave its coveted Silver
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