100 Lessons in Classical Ballet The Eight-Year Program of Leningrads Vaganova Choreographic School

By Vera S. Kostrovitskaya

Paperback. Condition: New. 404 pages. The complete 8-year curriculum of Leningrads famed Vaganova Choreographic School, which trained Nureyev, Baryshnikov, and Makarova, including over 100 photographs. A volume which no teacher, scholar, or student of the dance can afford to miss. A serious, indeed indispensable, textbook. -Clive Barnes

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I suggest that you use Basic Principles of Classical Ballet (Agrippa Vaganova) to aide your learning. This book (100 Lessons in Classical Ballet...) is great for providing a lesson plan, but it does not aide your learning. Also, by reading Agrippa Vaganova's book along side these exercises you will learn the correct form, technique, and quality of movement in performing these exercises. P.S. Keep in mind that these exercises were made to be executed using the Vaganova method. However, it is very simple to apply any other method to these exercises. Read more.