

NEW! for ADULTS

at Maryland Youth Ballet

Zena Rommett Floor-Barre®



Zena Rommett, Dance Magazine March 2008

About Floor-Barre®

Developed by Zena Rommett, the world-renowned pioneer in injury prevention and rehabilitation for dancers, this class combines ballet with anatomical principles of alignment and kinetic usage. By lying on the floor, without the pressure of gravity, Floor-Barre® strengthens and properly corrects the placement of the pelvis, hips and back with your mind and body concentrated and working together. This revolutionary technique, which has had a steadily growing following for several decades, is based on the idea that without the pull of gravity (hence, lying on the floor) students are better able to learn movements and correct alignment.

Who should take Floor-Barre®?

The class is gentle, yet effective, low-impact, and appropriate for dancers and non-dancers, women and men. General health benefits include correct body alignment, release of tension throughout the body, muscle and joint strength, and abdominal, hip and leg toning. Beginners and professionals will benefit from the injury prevention technique and even injured dancers are helped with this rehabilitative approach that helps muscles relearn optimal alignment.

The Floor-Barre® class is taught by Alison Crosby, an MYB faculty member who has been trained and certified by the Zena Rommet Floor-Barre® Foundation in New York City.

Class Schedule

Mondays at: 10:45—11:45 AM

"Floor-Barre® is one of the most constructive techniques I have worked with..." Melissa Hayden

"The technique works! It's a miracle!" Tommy Tune

"I am not a dancer but I found the Zena Rommett Floor-Barre® helpful for my knee and posture.

The Technique is strengthening and augments other cardio fitness and weight training I am doing." Fredlee Kaplan, CSW

Floor-Barre® is a registered trademark with the United States Patent Office by the Zena Rommett Floor-Barre Foundation for its sole use worldwide.

www.marylandyouthballet.org

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