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Dance Anatomy features 82 of the most effective dance, movement, and performance exercises, each designed to help you see what it takes to be a stronger, more elegant dancer. Featuring over 200 full-color illustrations, Dance Anatomy visually depicts the unique relationship between muscle development and aesthetic movement as never before.

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Magazine

“Jacqui Haas covers all the basics that dancers should know about the incredible instrument that is the human body. Dance Anatomy is well written, informative, and full of creative ways to keep dancers healthy and dancing to their full potential!” Marika Molnar, PT, LAc

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Dance Anatomy is clearly aimed at dancers and dance teachers but will also be of interest to anyone simply interested in the art and performance of dance, dance-conditioning trainers and dance medicine professionals. All round, an excellent resource. Dance Anatomy, 2nd edition Author: Jacqui Green Haas Paperback: 248 pages Publisher: Human Kinetics

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“Dance Anatomy brings to life the relationship between muscle development and dancing. It is a must-read for every dancer.”
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“Jacqui Haas has created the perfect tool for teachers and dancers of all forms and styles of dance.

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“Jacqui Haas is one of my heroes in dance medicine. She speaks with the accomplished wisdom of two careers: dance and health

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Haas had the privilege of touring France as the athletic trainer for the professional Irish Dance company, Lord of the Dance. She is the author of Dance Anatomy 1st and 2nd editions, published by Human Kinetics and is excited to be a lecturer at Northern Kentucky University, where she teaches Dance Physiology, Foundations and Pilates.

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"Jacqui Haas has created the perfect tool for teachers and dancers of all forms and styles of dance. Dance Anatomy allows one to see the relationship between each exercise and the goal of refining a dancer's physique and improving technique." James Nelson . Executive Director of Houston Ballet "Jacqui Haas is one of my heroes in dance medicine.

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