

Daily Planner 2020 Journal Notebook For Ballet Lo

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Happy Dance Laura Kline 2020-11-19 This dance journal follows author, researcher, and university lecturer Laura Kline as she embarks on a unique journey towards heightened awareness. It records her daily insecurities as a fifty-five-year-old dance student—doing undercover research for her next lesbian romance novel—at her own university. Nervous about joining this high-risk contact improvisation class, she soon realizes what a tremendous opportunity it offers the protagonists, two fictional female dancers who fall in love. Little does she suspect how this course, along with her weekly 5Rhythms® dance sessions, will impact her personal growth and worldview, by forcing her to slow down and experience the intense flavor of each moment. It even enhances her survival skills. When the COVID-19 pandemic hits, her daily journal reflections broaden to include noisy neighbors, walls closing in on her, her partner, and their cat during the sudden stay-at-home order, struggles with teaching remotely, loss of sleep, weight loss, etc. Without realizing it, Laura becomes the protagonist of her own book—this journal. Her lively and humoristic adventure through dance illustrates how becoming present—even for five short minutes while standing still in pure silence—what she calls the Happy Dance—can literally lift people up, providing a safe space to traverse unexpected rocky roads. Her expedition is pebbled with injury and stress, yet she continues dancing. Page by page, with Laura’s stick-figure illustrations, we gradually see how Laura unearths a youthful buoyancy in her musculoskeletal system, lubricating her achy joints, giving them a bounce as she treads barefoot into the kitchen—or masters the moonwalk in her school’s photocopy room. Through a deep exploration of mindful movement and contact improvisation, we observe Laura as she dances her way to greater health, stability, healing, and happiness.

Dancers in the Wind Anne Coates 2021-08-10 SHE IS HUNTING FOR THE TRUTH, BUT WHO IS HUNTING HER? Freelance journalist and single mother Hannah Weybridge is commissioned by a national newspaper to write an investigative article on the notorious red light district in Kings Cross. There she meets prostitute Princess, and police inspector in the vice squad, Tom Jordan. When Princess later arrives on her doorstep beaten up so badly she is barely recognisable, Hannah has to make some tough decisions and is drawn ever deeper into the world of deceit and violence. Three sex workers are murdered, their deaths covered up in a media blackout, and Hannah herself is under threat. As she comes to realise that the taste for vice reaches into the higher echelons of the great and the good, Hannah realises she must do everything in her power to expose the truth and stay alive.

Unicorn Teacher Autism 2019-05-13 You'll love this Unicorn Teacher 2020 Calendar: ELA Teacher Besties Teacher's Day Best Friend There is plenty of room inside for writing notes, ideas, stories, to-do lists, homework, drawing, sketching and it's perfect for: BFF Birthday Gifts for friends and family Christmas Gifts, Stocking Stuffers, White Elephant Graduation Gifts for Students and Teachers Kids, ns and adults Gift Baskets What you get: Compact size: 8.5x11; fits in most purses, backpacks, and totes. 110 lightly-lined writing pages provide plenty of writing and doodle space. Durable matte, sturdy paperback cover, perfectly bound, for an expert finish. Acid-free archival-quality paper takes pen or pencil beautifully. The cover is professionally designed and the interior is high quality 60# stock. Perfect book to write in daily, take notes and jot down ideas. RobustCreative(R) prides itself on providing a wide variety of useful journals, planners, notebooks and diaries for every occasion. This design is also available with plain lined, Cornell note taking system, college ruled, dot grid, blank pages, story board, calendar, composition books and doodle sketchbook interiors ... plus many more.

Rupert Can Dance Jules Feiffer 2014-08-05 Although Rupert liked watching his owner Mandy dance during the day, he secretly enjoyed dancing at night while Mandy slept.

Unicorn Teacher Autism 2019-05-14 You'll love this Unicorn Teacher 2020 Calendar: Special Education Teacher Besties Teacher's Day Best Friend There is plenty of room inside for writing notes, ideas, stories, to-do lists, homework, drawing, sketching and it's perfect for: BFF Birthday Gifts for friends and family Christmas Gifts, Stocking Stuffers, White Elephant Graduation Gifts for Students and Teachers Kids, ns and adults Gift Baskets What you get: Compact size: 8.5x11; fits in most purses, backpacks, and totes. 110 lightly-lined writing pages provide plenty of writing and doodle space. Durable matte, sturdy paperback cover, perfectly bound, for an expert finish. Acid-free archival-quality paper takes pen or pencil beautifully. The cover is professionally designed and the interior is high quality 60# stock. Perfect book to write in daily, take notes and jot down ideas. RobustCreative(R) prides itself on providing a wide variety of useful journals, planners, notebooks and diaries for every occasion. This design is also available with plain lined, Cornell note taking system, college ruled, dot grid, blank pages, story board, calendar, composition books and doodle sketchbook interiors ... plus many more.

The Ballet Book Darcey Bussell 2009-07-10 The author, a professional ballerina, introduces the art of ballet, from the basic positions, poses, jumps, and exercises to folk and character dancing, makeup, choreography, and performing on stage. Reprint.

Unicorn Teacher Magicteacher 2019-04-29 You'll love this Unicorn Teacher 2020 Calendar: Elementary School Teacher Besties Teacher's Day Best Friend There is plenty of room inside for writing notes, ideas, stories, to-do lists, homework, drawing, sketching and it's perfect for: BFF Birthday Gifts for friends and family Christmas Gifts, Stocking Stuffers, White Elephant Graduation Gifts for Students and Teachers Kids, ns and adults Gift Baskets What you get: Compact size: 8.5x11; fits in most purses, backpacks, and totes. 110 lightly-lined writing pages provide plenty of writing and doodle space. Durable matte, sturdy paperback cover, perfectly bound, for an expert finish. Acid-free archival-quality paper takes pen or pencil beautifully. The cover is professionally designed and the interior is high quality 60# stock. Perfect book to write in daily, take notes and jot down ideas. RobustCreative(R) prides itself on providing a wide variety of useful journals, planners, notebooks and diaries for every occasion. This design is also available with plain lined, Cornell note taking system, college ruled, dot grid, blank pages, story board, calendar, composition books and doodle sketchbook interiors ... plus many more.

The Skinny Confidential Lauryn Evarts 2014-03-04 A comprehensive collection of lifestyle information,

including tips on eating, exercising, and fashion.

2020 Wedding Planner Heirloom Press 2019-08-24 Our large 2020 wedding planner notebook with rustic farmhouse style features everything you need to plan a memorable wedding! Wedding organizer book includes many bridal worksheets, checklists, note pages and more! Wedding day prep features in our wedding organizer book to help you plan a successful event include: To Do Lists Wedding Budget Deadline To-Do Reminders (12 months before wedding, 9 months before, 6 months, 1 week, etc.) Wedding Party Information Important Dates Lined Pages for Notes Vendor Information Wedding Rehearsal Details Important Name & Address Pages Menu Planning Guest List Seating Planner Wedding Day Checklist Cute wedding planning journal is the perfect gift for yourself or for a bride to be as an engagement gift or bridal shower gift and is a soft bound matte cover with fresh white pages. Filled with 150 pages of resources to help you before, during and after your big day. It's large 8.5x11" size allows lots of writing space to add other details and memories during the planning process. Has a timeless rustic wedding design with chalkboard frame over a barnwood background which is a great journal and planner for a rustic farmhouse wedding, outdoor wedding in nature or barn dance style event.

Bunheads Sophie Flack 2011-10-10 On-stage beauty. Backstage drama. As a dancer with the ultra-prestigious Manhattan Ballet Company, nineteen-year-old Hannah Ward juggles intense rehearsals, dazzling performances and complicated backstage relationships. Up until now, Hannah has happily devoted her entire life to ballet. But when she meets a handsome musician named Jacob, Hannah's universe begins to change, and she must decide if she wants to compete against the other "bunheads" in the company for a star soloist spot or strike out on her own in the real world. Does she dare give up the gilded confines of the ballet for the freedoms of everyday life?

Year of Yes Shonda Rhimes 2015-11-10 The creator of "Grey's Anatomy" and "Scandal" details the one-year experiment with saying "yes" that transformed her life, revealing how accepting unexpected invitations she would have otherwise declined enabled powerful benefits.

I'd Rather Be Doing Belly Dance Stuff 2020 Planner 2020 Planners for Belly Dance Lovers 2019-12-21 Belly Dance Series 2020 Planner - Black Cover & Nice Design Beautiful cover color, nice design saying 'A Day Without Belly Dance Is A Day Wasted' and simple weekly planner interior - that's what your perfect calendar for person loving belly dance looks like. 120 white pages in size of 8.5x11 inches with space for all crucial notes every belly dance fan needs to write down in their journal at university, work and not only. This notebook from our belly dance series is perfect for: Writing down ideas and thoughts at work - you may use it as your beautiful diary, journal remembering about beloved hobby, Planning some of your big plans and dreams, Using it as daily journal - using it at work and not only, This 2020 planner is a good present idea: give it on Christmas 2019 to your daughter or son who just love belly dance to tell them they are the best and you appreciate them, give it on Christmas 2019 to your friend if they love belly dance, it's perfect for every person who really love belly dance and when it's an important part of their lives. Notebook specification cute design saying 'A Day Without belly dance Is A Day Wasted!', 120 pages, soft cover, black and white interior, planner pages, 8.5x11 inches

My Wedding Planner a Portable Guide to Organizing Your Dream Wedding 2021 / 2020 Wedding Planner Golden Wedding Rings Aureate Gold Design Auric Style Complete Wedding Planning Notebook and Organizer Checklists Budget Planner Bride Wedding Engagement Gift My Wedding Planner Premium Checklist Log 2019-11-27 Our large 2021 - 2020 wedding planner notebook with Aureate Royal blue Color Auric Gold style with Cute golden wedding rings Design

features everything you need to plan a memorable wedding! This wedding ceremony book / Wedding organizer book includes many bridal worksheets, checklists, note pages and more important things! Wedding day prep features in our wedding preparation book to help you plan a successful event include: * Initial Planning Phase * Wedding Budget Planner * Wedding Budget Checklist * Wedding Contact list (Officiant, Reception Venue, Bridal Shop, Seamstress, Florist, Caterer, DJ / Entertainment, Wedding venue, Transportation...) * Ceremony Expense Tracker, Paper Product Expense Tracker, Entertainment Expense Tracker, Wedding Party Attire Entertainment, Florist..... Transportation Expense Tracker * Bride's Planner (Hair Appointment, Manicure/Pedicure Appointment) * Groom's Planner (Hair Appointment, TUX Fitting Appointment) * Important Dates * Weekly Wedding Planner * Deadline To-Do Reminders (12 months before wedding, 9 months before, 6 months...1 week, 1 day Before.) * Your Special Day * Wedding Attire Planner * Venue Planner * Catering Planner * Entertainment Planner * Videographer Planner * Photographer Planner * Florist Planner * Extra Wedding Costs * Bachelorette Party Planner * Bachelor Party Planner * Meal Planner ideas * Wedding Planning Notes * Wedding Planning To Do List * Wedding Guest List * Wedding Seating Chart if you are looking for Cute wedding preparation for bride kit, wedding table plan or wedding planning notebook organizer this wedding planning journal is the perfect gift for yourself or for a bride to be as an engagement gift or bridal shower gift and is a soft bound matte cover with fresh white pages. Filled with 100 pages of resources to help you before, during and after your big day. It's large 8x10" size allows lots of writing space to add all details and memories during the planning process, Great Wedding Planner book and Organizer, Best marriage ceremony book & wedding register book for outdoor wedding in nature or barn dance style event

Pole Dance Journal Mary Hirose 2019-04-22 A place for you and your dance friends to keep all your pole class notes, ideas, inspirations, plans and contacts in one place. Also makes the perfect gift journal for your pole friends, instructors, and pole enthusiasts you meet. Sections include: Climbing, Spins, Levels, Instructor Notes, Challenges & Goals, Practice & Routine Dates, Competing, Achievements & Awards, Music List... and more surprises inside! Sections divided with original artwork pages. Can be used for any sport competition, but is themed toward pole dancers.

Winter Dance Marion Dane Bauer 2017 A fox wonders how he should prepare for the coming winter, but what other animals advise will not work for him until another fox comes to his aid.

Human Dimension and Interior Space Julius Panero 2014-01-21 The study of human body measurements on a comparative basis is known as anthropometrics. Its applicability to the design process is seen in the physical fit, or interface, between the human body and the various components of interior space. Human Dimension and Interior Space is the first major anthropometrically based reference book of design standards for use by all those involved with the physical planning and detailing of interiors, including interior designers, architects, furniture designers, builders, industrial designers, and students of design. The use of anthropometric data, although no substitute for good design or sound professional judgment should be viewed as one of the many tools required in the design process. This comprehensive overview of anthropometrics consists of three parts. The first part deals with the theory and application of anthropometrics and includes a special section dealing with physically disabled and elderly people. It provides the designer with the fundamentals of anthropometrics and a basic understanding of how interior design standards are established. The second part contains easy-to-read, illustrated anthropometric tables, which provide the most current data available on human body size, organized by age and percentile groupings. Also included is data relative to the range of joint motion and body sizes of children. The third part contains hundreds of dimensioned drawings, illustrating in plan and section the proper anthropometrically based relationship between user and

space. The types of spaces range from residential and commercial to recreational and institutional, and all dimensions include metric conversions. In the Epilogue, the authors challenge the interior design profession, the building industry, and the furniture manufacturer to seriously explore the problem of adjustability in design. They expose the fallacy of designing to accommodate the so-called average man, who, in fact, does not exist. Using government data, including studies prepared by Dr. Howard Stoudt, Dr. Albert Damon, and Dr. Ross McFarland, formerly of the Harvard School of Public Health, and Jean Roberts of the U.S. Public Health Service, Panero and Zelnik have devised a system of interior design reference standards, easily understood through a series of charts and situation drawings. With *Human Dimension and Interior Space*, these standards are now accessible to all designers of interior environments.

Mao's Last Dancer Li Cunxin 2009-04-02 Raised in a desperately poor village during the height of China's Cultural Revolution, Li Cunxin's childhood revolved around the commune, his family and Chairman Mao's Little Red Book. Until, that is, Madame Mao's cultural delegates came in search of young peasants to study ballet at the academy in Beijing and he was thrust into a completely unfamiliar world. When a trip to Texas as part of a rare cultural exchange opened his eyes to life and love beyond China's borders, he defected to the United States in an extraordinary and dramatic tale of Cold War intrigue. Told in his own distinctive voice, this is Li's inspirational story of how he came to be Mao's last dancer, and one of the world's greatest ballet dancers.

Yoga (YOGA IS the DANCE of EVERY CELL with the MUSIC of EVERY BREATH THAT CREATES INNER SERENITY and HARMONY) Yoga Daily Practice 2019-12-23 As A Yogi, I often asked the question: what is the best way to track my Yoga progress? This Awesome And Simple Yoga Notebook Journal helped me a lot to track my daily practice of yoga and then could to measure my progress and know exactly what are the poses and Asanas I need to practice more and become as a good yogis as I'm now "Whenever I've needed direction, strength, or centering, I've so often turned to my own journals. Why? Because many of the answers we seek are found within ourselves." There is no need to compare yourself to any other yogi and building up daily yoga practices, for whatever reason, takes time. So the best way to really make progress is to compare your today's level with your yesterday's level, and this is just with taking notes in a journal You can use this Yoga journal as: Yoga Planner To-do-list Asanas Diary Notebook to keep track of your daily tasks and schedule Specifications: Size: 6" x 9" (15.24 x 22.86 cm) wide lined pages Made in USA Soft cover with matte lamination for durability and classy look 120 page wide ruled college pages High-quality white paper This Yoga Lined Notebook Journal is ideal for Birthday Gifts for kids and adults, Christmas Gifts for all ages, Student's gifts, Stationery gift pack, Use as a journals or notepad And for capturing ideas and much more.

Scientific Perspectives and Emerging Developments in Dance and the Performing Arts Pessali-Marques, Bárbara 2021-06-11 In the last few years, concerns about dancers' health and the consequences of physical training have increased considerably. The physical requirements and type of training dancers need to achieve to reach their highest level of performance while decreasing the rate of severe injuries has awakened the necessity of more scientific knowledge concerning the area of dance, in part considering its several particularities. *Scientific Perspectives and Emerging Developments in Dance and the Performing Arts* is a pivotal reference source that provides vital research designed to reduce the gap between the scientific theory and the practice of dance. While highlighting topics such as burnout, mental health, and sport psychology, this publication explores areas such as nutrition, psychology, and education, as well as methods of maintaining the general wellbeing and quality of the health, training, and performance of dancers. This book is ideally designed for dance experts, instructors, sports psychologists, researchers, academicians, and students.

Ballerina Body Misty Copeland 2017-03-21 The celebrated ballerina and role model shares the secrets of how to reshape your body and achieve a lean, strong physique and glowing health. Misty Copeland believes "There has been a shift in recent years in which women no longer desire the bare bones of a runway model. Standards have changed: what women do want is a long, toned, powerful body with excellent posture." In other words, the body of a ballerina. In her first health and fitness book, Misty will show women how to get healthier and stronger and how to reshape their bodies to be lean and flexible with: Step-by-step advice Meal plans focusing on healthy fats Workout routines Words of inspiration, including excerpts from Misty's personal journal

Turning Pointe Chloe Angyal 2021-05-04 A reckoning with one of our most beloved art forms, whose past and present are shaped by gender, racial, and class inequities—and a look inside the fight for its future Every day, in dance studios all across America, legions of little children line up at the barre to take ballet class. This time in the studio shapes their lives, instilling lessons about gender, power, bodies, and their place in the world both in and outside of dance. In *Turning Pointe*, journalist Chloe Angyal captures the intense love for ballet that so many dancers feel, while also grappling with its devastating shortcomings: the power imbalance of an art form performed mostly by women, but dominated by men; the impossible standards of beauty and thinness; and the racism that keeps so many people of color out of ballet. As the rigid traditions of ballet grow increasingly out of step with the modern world, a new generation of dancers is confronting these issues head on, in the studio and on stage. For ballet to survive the twenty-first century and forge a path into a more socially just future, this reckoning is essential.

Don't Walk Dance 2020 Planners 2018-05-14 Perfect for taking notes, agendas, to-do lists, brainstorming, or as a diary. 150 lined pages to create your way to an amazing day! Just the right size to take on the go. Makes a wonderful gift! Size: 6 x 9 inches

Mary's Last Dance Mary Li 2021-10-19 I can vividly remember the last steps of the last ballet, walking off the stage led by a mother and knowing the decision I had to make. That was my last dance. Mary Li (nee McKendry) is an international ballet star and a mother like no other. She became a household name when her husband Li Cunxin published his bestselling memoir, *Mao's Last Dancer* - but that book told only half the story. Growing up in a rambunctious family in Rockhampton, Mary discovered an extraordinary early passion for ballet. It saw her move to London at age sixteen, to study at the Royal Ballet School and dance at the London Festival Ballet with the likes of Nureyev, and later to Houston Ballet, where as Principal Dancer she fell in love with the acclaimed Chinese ballet dancer Li Cunxin. The couple became the darlings of the dance world, and were happier than they could have imagined at the arrival of their firstborn daughter, Sophie. Then right at the height of her international career, Mary seemingly disappeared from view, leaving the fans aghast. What could have happened to cause a woman so committed, so talented, to give it all away in a heartbeat? Now, almost twenty years on, fans finally get their answer about what happened next to this inspiring family, and learn why it is Mary's turn to tell a truly remarkable tale. This is a powerful and uplifting memoir about chasing an impossible dream, and sacrificing one's own ambition for the love of a child. It is a moving and unforgettable story of passion, dedication and devotion - and the highly anticipated sequel to one of the world's most beloved books.

You Are The Best Dance Teacher In The World! 2020 Planner 2020 Calendars For Dance Teacher 2019-11-22 Dance Teacher 2020 Planner - Black Cover & Nice Design Beautiful cover color, nice design saying 'You are The Best Dance Teacher in the world!' and simple weekly planner interior - that's what your perfect calendar for dance teacher looks like. 120 white pages in size of 8.5x11 inches with space

for all crucial notes every dance teacher need to write down in their journal at univeristy, work and not only. This notebook from our dance teacher series is perfect for: Writing down ideas and thoughts at work - you may use it as your beautiful diary, journal remembering about beloved job, Planning some of your big plans and dreams, Using it as daily journal - using it at work and not only, This dance teacher planner is a good present idea: give it on Christmas 2019 to your daughter or son who starts their job as dance teacher soon to tell them they are the best, give it on Christmas 2019 to your friend if they love their job and coffee, it's perfect for every co-worker's birthday at your dance teacher work. Notebook specification cute design saying 'You Are The Best dance teacher In The World!', 120 pages, soft cover, black and white interior, planner pages, 8.5x11 inches

Bears vs. Cardinals Joe Ziemba 2022-08-31 In their early years, the Chicago Bears and the Chicago Cardinals-- the two oldest teams in the National Football League --travelled the country with only rare mention in the newspapers. Both teams later saw their official records destroyed by fire. Most of what is now known about those initial seasons is based on often inaccurate statements made many years later. Reconstructing their missing history, this book draws on newly available resources to document the battles and brawls on and off the field, the cunning backroom deals, the financial woes and the 40-year rivalry that endured while both teams were in Chicago. Figures like Al Capone, Red Grange, Jim Thorpe and Bronko Nagurski make appearances in the lore of two old adversaries whose uneasy alliance helped ensure the survival of the fledgling NFL.

Ballet Beautiful Mary Helen Bowers 2012-07-05 Get the strong, toned and graceful figure of a dancer - without the rigorous training! Mary Helen Bowers has helped tone and sculpt the bodies of a whole host of celebrities, including Natalie Portman for her role in Black Swan, plus Liv Tyler, Zoey Deschanel and Helena Christensen. Now, in this fantastic fitness guide, she reveals her exercise, diet and lifestyle plan for transforming your whole body. - Achieve the long, toned and powerful body shape of a dancer - Target trouble areas, such as legs, bum and tummy - Get a dancer's beautiful posture and elegance - Lose weight and turn fat into muscle - Radically transform your physique - Noticeable results in just 14 days

I Dance So Hard I Sweat Glitter Desired Creatives Journals 2018-12-13 Looking for a great gift idea for a dancer? Need a new journal in your life? This Unique and Funny Journal Notebook is sure to please and make the perfect Christmas or birthday present for men or women. 100 6" x 9" Lined Pages are provided for you to put your thoughts, hopes, experiences, likes, and dislikes. With a matte, full-color soft cover, this lined notebook is as practical as it is cool. And is the ideal size for lined journals for kids, journals for women to write in and makes an excellent birthday journal notebook gift. It could also be used as a diary to record all your creative self-expression such as poetry, short stories or self-help affirmations. Desired Creatives Journals are perfect for: Birthday Gifts Christmas Gifts Co-worker/Boss Gifts Journals & Planners Doodle Diaries Homeschool Planners for Kids Food Diaries Sheet Music Creative Writing Notebooks Gifts for Mom, Dad, Grandma, Grandpa, Cousins, Brother, Sister Retirement Gifts School Notebooks Graduation Gifts Thank You Gifts Teacher Gifts Inspirational Journals Mom Daughter Journal Journaling For Kids Blank Books & Journals Beer and Weight Loss Logs Keepsake Journals And much more..... Place your order today!

Unicorn Teacher Magicteacher 2019-05-14 You'll love this Unicorn Teacher 2020 Calendar: Rainbow Teacher Besties Balled Dance Unicorn There is plenty of room inside for writing notes, ideas, stories, to-do lists, homework, drawing, sketching and it's perfect for: BFF Birthday Gifts for friends and family Christmas Gifts, Stocking Stuffers, White Elephant Graduation Gifts for Students and Teachers Kids, ns and adults Gift Baskets What you get: Compact size: 6x9; fits in most purses, backpacks, and totes. 110

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Dance on Saturday Elwin Cotman 2020-09-15 In the title novella, Cotman imagines a group of near-immortals living in Pittsburgh in an uneasy truce with Lord Decay. Their truce is threatened when one of them takes pity on a young woman who knows their secret. In "Among the Zoologists," a game writer on their way to a convention falls in with a group of rogue Darwinists whose baggage contains a great mystery. A volleyball tournament devolves into nightmare and chaos in "Mine." In Cotman's hands, the conventions of genres from fairytales to Victorian literature to epic fantasy and horror give shape to marvelously new stories.

Up to This Pointe Jennifer Longo 2016-01-19 Harper had a plan. It went south. Hand this utterly unique contemporary YA to anyone who loves ballet or is a little too wrapped up in their Plan A. (It's okay to fail, people!) Harper Scott is a dancer. She and her best friend, Kate, have one goal: becoming professional ballerinas. And Harper won't let anything—or anyone—get in the way of The Plan, not even the boy she and Kate are both drawn to. Harper is a Scott. She's related to Robert Falcon Scott, the explorer who died racing Amundsen and Shackleton to the South Pole. Amundsen won because he had a plan, and Harper has always followed his model. So when Harper's life takes an unexpected turn, she finagles (read: lies) her way to the icy dark of McMurdo Station . . . in Antarctica. Extreme, but somehow fitting—apparently she has always been in the dark, dancing on ice this whole time. And no one warned her. Not her family, not her best friend, not even the boy who has somehow found a way into her heart. It will take a visit from Shackleton's ghost--the explorer who didn't make it to the South Pole, but who got all of his men out alive--to teach Harper that success isn't always what's important, sometimes it's more important to learn how to fail successfully. A Kids' Indie Next List Selection "Longo makes Harper a standout character of fire, commitment, and sass." —The Bulletin, Starred Review "A stunning love letter to ballet and San Francisco, Jennifer Longo's (Six Feet Over It) quirky sophomore novel, *Up to This Pointe*, is the perfect meld of adorable and heart-wrenching." —Shelf Awareness, Starred Review "One of the most breathtaking explorations of navigating heartbreak that I've ever read. This is one for the ages." —Martha Brockenbrough, author of *The Game of Love and Death* "Longo's book brings the reader intimately into Harper's heartbreak and healing in a way that will speak to readers of all ages." —Anna Eklund, University Book Store, Seattle, WA "Incisively written. Longo makes it easy to commiserate with Harper as she tries to move past disappointment and envision a new path forward." —Publishers Weekly "A moving love letter to dance, dreams, and San Francisco." —Kirkus Reviews "Harper is a well-developed, relatable character. Her inner monologue is witty and dominates most of the novel, giving a unique perspective. . . . A recommended read for determined teens with an interest in following and exploring their dreams." —School Library Journal "Harper's temporary Antarctic life is evoked with as much vivid, fascinating detail as her 'second home,' the ballet studio. . . . An affecting, memorable examination of disappointment and loss." —The Horn Book Review "Longo's fabulous depiction of McMurdo and the winter residents captures the beauty, humor, and danger of such an isolated existence. An adventure story with lots of heart." —Booklist

Be Awesome 2020 - 2021 18 Month Planner New Nomads Press 2019-11-11 2020 - 2021 18 Month Daily Planner January 2020 - June 2021 Never too late to start your year off right!! Powerful Inspirational

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Quotes from business, personal growth and well being. Designed to keep all of your life as a priority, this perfect 6"x9" planner has all the information you need to keep you focused on your work obligations, school assignments, or just a packed social calendar. This pretty, simple calendar has a contact list, yearly overview, 18 monthly views, and detailed weekly / daily schedules packed into a perfectly portable planner. Keep track of family and friends' birthday and anniversaries Motivational Quotes keep you energized to make progress towards your objectives whatever they are! Fun design and a handy 6 x 9 inch size that fits perfectly in a laptop bag or backpack! Great Gift Idea For: High School and Home School Students - Homework and academic projects Teachers - Track class schedules and parent meetings Friends - who need an adorable gift to make them smile every day! College Students - Class project assignments! Workout - Focus on progress, not perfection! Friends and Family - Perfect for busy moms and dads! Birthday - Makes a great gift to celebrate another happy successful year! Dads, Sons, Daughters, Moms and Everyone Else! - Go out be happy joyous and free! Unique - perfect for the hard to buy for person in your life! Great birthday gift for the planner addict! Format: 200 Pages - Daily Views and Monthly Views for 18 Months! 6 x 9 inches - Perfect Size for Portability United States, Canada, Australia and UK Holidays Daily and Weekly views Monthly Overviews 18 Month Planner Lined Wide-Ruled Notes Page New Nomads Press offers a wide variety of fun and colorful daily planners, notebooks, dot grid, isometric, graph paper, and journals. Please see our author page on Amazon for our full range of artistically designed products! Teacher and Student Academic Planners Cornell Notebooks Daily and Weekly Meal Planner Recovery Journals Irreverent and Naughty Notebooks

Be Awesome 2020 - 2021 18 Month Planner New Nomads Press 2019-11-10 2020 - 2021 18 Month Daily Planner January 2020 - June 2021 Never too late to start your year off right!! Powerful Inspirational Quotes from business, personal growth and well being. Designed to keep all of your life as a priority, this perfect 6"x9" planner has all the information you need to keep you focused on your work obligations, school assignments, or just a packed social calendar. This pretty, simple calendar has a contact list, yearly overview, 18 monthly views, and detailed weekly / daily schedules packed into a perfectly portable planner. Keep track of family and friends' birthday and anniversaries Motivational Quotes keep you energized to make progress towards your objectives whatever they are! Fun design and a handy 6 x 9 inch size that fits perfectly in a laptop bag or backpack! Great Gift Idea For: High School and Home School Students - Homework and academic projects Teachers - Track class schedules and parent meetings Friends - who need an adorable gift to make them smile every day! College Students - Class project assignments! Workout - Focus on progress, not perfection! Friends and Family - Perfect for busy moms and dads! Birthday - Makes a great gift to celebrate another happy successful year! Dads, Sons, Daughters, Moms and Everyone Else! - Go out be happy joyous and free! Unique - perfect for the hard to buy for person in your life! Great birthday gift for the planner addict! Format: 200 Pages - Daily Views and Monthly Views for 18 Months! 6 x 9 inches - Perfect Size for Portability United States, Canada, Australia and UK Holidays Daily and Weekly views Monthly Overviews 18 Month Planner Lined Wide-Ruled Notes Page New Nomads Press offers a wide variety of fun and colorful daily planners, notebooks, dot grid, isometric, graph paper, and journals. Please see our author page on Amazon for our full range of artistically designed products! Teacher and Student Academic Planners Cornell Notebooks Daily and Weekly Meal Planner Recovery Journals Irreverent and Naughty Notebooks

Ready to Fly: How Sylvia Townsend Became the Bookmobile Ballerina Lea Lyon 2020-07-07 Lyrical, inspiring, and affecting text paired with bright, appealing illustrations make Ready to Fly perfect for aspiring ballerinas everywhere who are ready to leap and to spread their wings! Ready to Fly is the true story of Sylvia Townsend, an African American girl who falls in love with ballet after

seeing Swan Lake on TV. This nonfiction picture book is an excellent choice to share at home or in the classroom. Although there aren't many ballet schools that will accept a girl like Sylvia in the 1950s, her local bookmobile provides another possibility. A librarian helps Sylvia find a book about ballet and the determined seven-year-old, with the help of her new books, starts teaching herself the basics of classical ballet. Soon Sylvia learns how to fly—how to dance—and how to dare to dream. Includes a foreword from Sylvia Townsend, a brief history of the bookmobile, an author's note, and a further reading list.

My Ballet Journal Monica Wellington 2014-11-19 This unique journal and activity book offers little dancers the ideal way to record their progress and reinforce their lessons. Thirty charmingly illustrated pages are packed with practical checklists, inspiring tips, fill-in-the-blanks, and a dictionary of terms every ballet dancer should know. A special place to note dance class highlights and goals, this book offers families a keepsake treasure.

The Cambridge Handbook of the Imagination Anna Abraham 2020-06-18 The human imagination manifests in countless different forms. We imagine the possible and the impossible. How do we do this so effortlessly? Why did the capacity for imagination evolve and manifest with undeniably manifold complexity uniquely in human beings? This handbook reflects on such questions by collecting perspectives on imagination from leading experts. It showcases a rich and detailed analysis on how the imagination is understood across several disciplines of study, including anthropology, archaeology, medicine, neuroscience, psychology, philosophy, and the arts. An integrated theoretical-empirical-applied picture of the field is presented, which stands to inform researchers, students, and practitioners about the issues of relevance across the board when considering the imagination. With each chapter, the nature of human imagination is examined - what it entails, how it evolved, and why it singularly defines us as a species.

Unicorn Teacher Autism 2019-05-14 You'll love this Unicorn Teacher 2020 Calendar: Teacher Besties Gifts Dabbing Unicorn Best Friend Kawaii There is plenty of room inside for writing notes, ideas, stories, to-do lists, homework, drawing, sketching and it's perfect for: BFF Birthday Gifts for friends and family Christmas Gifts, Stocking Stuffers, White Elephant Graduation Gifts for Students and Teachers Kids, ns and adults Gift Baskets What you get: Compact size: 8.5x11; fits in most purses, backpacks, and totes. 110 lightly-lined writing pages provide plenty of writing and doodle space. Durable matte, sturdy paperback cover, perfectly bound, for an expert finish. Acid-free archival-quality paper takes pen or pencil beautifully. The cover is professionally designed and the interior is high quality 60# stock. Perfect book to write in daily, take notes and jot down ideas. RobustCreative(R) prides itself on providing a wide variety of useful journals, planners, notebooks and diaries for every occasion. This design is also available with plain lined, Cornell note taking system, college ruled, dot grid, blank pages, story board, calendar, composition books and doodle sketchbook interiors ... plus many more.

Bunheads Misty Copeland 2020-09-29 Instant New York Times bestselling series opener inspired by prima ballerina and author Misty Copeland's own early experiences in ballet. From prima ballerina and New York Times bestselling author Misty Copeland comes the story of a young Misty, who discovers her love of dance through the ballet Coppélia--a story about a toymaker who devises a villainous plan to bring a doll to life. Misty is so captivated by the tale and its heroine, Swanilda, she decides to audition for the role. But she's never danced ballet before; in fact, this is the very first day of her very first dance class! Though Misty is excited, she's also nervous. But as she learns from her fellow bunheads, she makes wonderful friends who encourage her to do her very best. Misty's nerves quickly fall away, and with a little teamwork, the bunheads put on a show to remember. Featuring the stunning artwork of

newcomer Setor Fiadzigbey, *Bunheads* is an inspiring tale for anyone looking for the courage to try something new.

[The Ballerinas](#) Rachel Kapelke-Dale 2021-12-07 Dare Me meets Black Swan and Luckiest Girl Alive in a captivating, voice-driven debut novel about a trio of ballerinas who meet as students at the Paris Opera Ballet School. "Enthralling...irresistible." --New York Times "A standing ovation to this debut." --E! News Thirteen years ago, Delphine Léger abandoned her prestigious soloist spot at the Paris Opera Ballet for a new life in St. Petersburg--taking with her a secret that could upend the lives of her best friends, fellow dancers Lindsay and Margaux. Now thirty-six years old, Delphine has returned to her former home and to the legendary Palais Garnier Opera House, to choreograph the ballet that will kickstart the next phase of her career--and, she hopes, finally make things right with her former friends. But Delphine quickly discovers that things have changed while she's been away...and some secrets can't stay buried forever. Moving between the trio's adolescent years and the present day, *The Ballerinas* explores the complexities of female friendship, the dark drive towards physical perfection in the name of artistic expression, the double-edged sword of ambition and passion, and the sublimated rage that so many women hold inside--all culminating in a twist you won't see coming, with a magnetic cast of characters you won't soon forget.

Funding Bodies Sarah Wilbur 2021-10-20 "A cultural and structural analysis of the NEA's dance funding from its inception through the early 2000s. Wilbur studies how people in power engineer and translate institutional norms of arts recognition within dance, performance, and arts policy disclosure"--

Angelina Feels Like Dancing! Katharine Holabird 2020-12-22 Feel what it's like to be a ballerina in this *Angelina Ballerina* touch-and-feel book with a shiny die-cut cover and five touchable ballet textures inside! *Angelina Ballerina* doesn't just love ballet, she loves the satiny feel of the ribbons on her ballet slippers and the netting of her tutu. She loves working on her form at the ballet barre in front of the shiny mirror and the velvety seats when she sees a ballet performance. And at the end of the day, she always loves the feeling of her cozy bed...where she dreams of dancing again tomorrow! © 2020 Helen Craig Ltd and Katharine Holabird. The *Angelina Ballerina* name and character and the dancing *Angelina* logo are trademarks of HIT Entertainment Limited, Katharine Holabird, and Helen Craig.