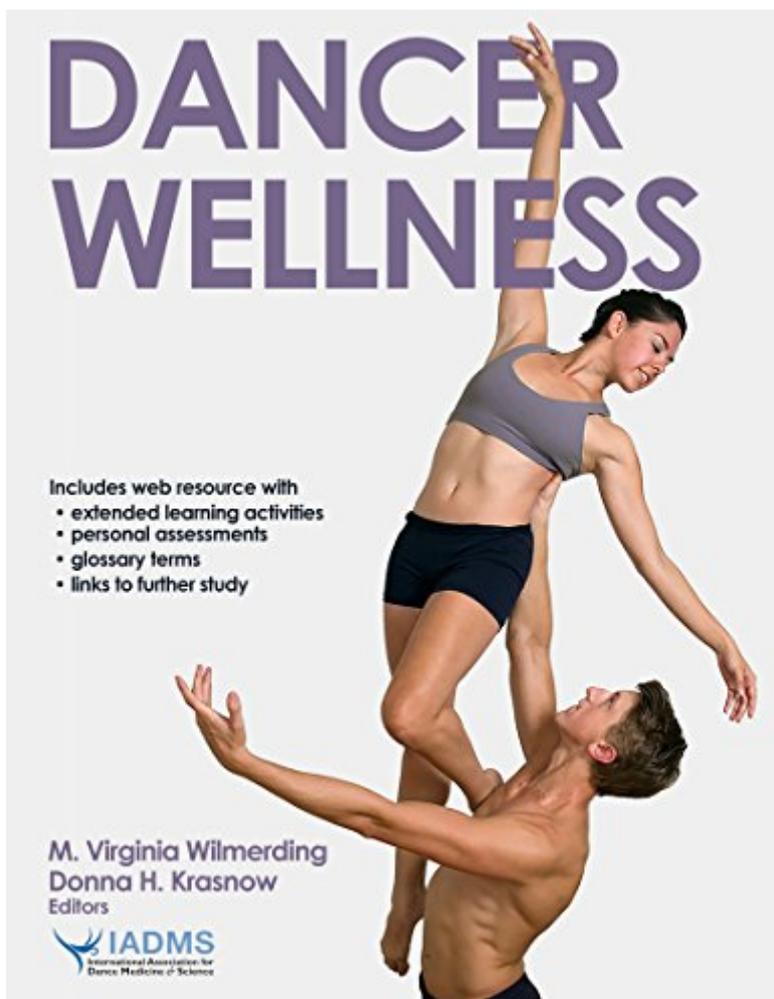


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Dance Wellness



Synopsis

Dancer Wellness, created by the International Association for Dance Medicine & Science, offers guidance on the foundations, mental components, and physical aspects of dancer wellness. Readers will learn concepts and strategies to develop as dancers and to create their own dancer wellness plan.

Book Information

File Size: 6254 KB

Print Length: 216 pages

Publisher: Human Kinetics (October 18, 2016)

Publication Date: October 18, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01M8KK0Q4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #289,410 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #19

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