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Created by professional ballerina Mary Helen Bowers, this transformative approach to fitness and health will reshape your body and your mind! Ballet Beautiful's three-fold approach is not an extreme workout nor is it a radical diet for an overnight fix; it's a roadmap to achieving and maintaining your ideal health, shape and size—all with the elegance and strength of a ballerina. Part One of the book introduces the program's empowering mindset, the key to supporting and guiding you through ...

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Ballet Beautiful brings the artistry and athleticism of ballet, fashion and glamour into everyday life. We offer a fresh and uniquely artistic approach to exercise, well being and health.

*Interview with Ballet Beautiful Founder Mary Helen Bowers ...*

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Mary Helen Bowers. (Courtesy of Ballet Beautiful) Ballet Beautiful. Founded by ballerina Mary Helen Bowers '08GS, Ballet Beautiful blends the elegance of classical dance with the muscle-toning workout of a body boot camp. With more than three hundred videos and thousands of subscribers, the streaming service was an early pioneer of online fitness classes when it first launched in 2009.

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Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer by Mary Helen Bowers, \$20, amazon.com. Next 8 Days to a Beach (Ready) Bum

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On June 12, 2012, she released her book, "Ballet Beautiful: Transform Your Body and Gain the Strength, Grace, and Focus of a Ballet Dancer." Her list of clients include Natalie Portman, Zoey De

Deschanel and Liv Tyler.

*Mary Helen Bowers - Wikipedia*

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