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is the
brainchild of
Mary Helen
Bowers, former

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Beautiful ballerina and
mum of 2. She
joined the New
York City Ballet
aged 16 where
she danced for a
decade. After
training Natalie
Portman for that
role in Black
Swan her workout
reached stardom.
Oh, and her
moves are also

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behind those
Victoria Secret
bodies, so no
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Mary Helen's passion for the art of ballet and pursuit of living a healthy and empowered life. Mary Helen's first book is available in 5 languages, wherever books are sold. Her most recent

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past year of

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in a few words:

- It's created
such a beautiful
morning ritual
for me - I get
up early
(6am-630), have
my lemon water,
brew my green
tea, have a
green juice and
head onto my
mat. I usually

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Beautiful anywhere

from 60-90

minutes

depending on the
day.

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YEAR OF BALLET
BEAUTIFUL*

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Beautiful: Total

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will work your

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Buns, abs, legs, and arms--and throw in some fantastic cardio to help burn calories and balance moves to build your grace. Bowers is the famous trainer who worked with Natalie Portman on Black Swan ,

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as well as with
lots of other
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Bowers has been

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Ballet Beautiful
was founded by
ballerina Mary
Helen Bowers.

She was a member
of the corps de
ballet at New
York City Ballet
for ten years

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Beautifully used her system to train Natalie Portman for her role in “Black Swan.” I have been a loyal “Ballet Beauty” since October 2015.

*Ballet Beautiful
Review - The Not-
So Desperate*

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Housewives

Real dancers
dance and they
do Ballet
Beautiful to
help with grand
allegro jumps.
Don't be fooled
into thinking
this is a slow
graceful level 1
ballet class.
This is a
conditioning

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level 2 class
for all dancers.
Gave my wife
incredible
muscle tone and
helps her leap
much higher.

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Workout: Mary

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Beautiful is a fitness method that blends the artistry and athleticism of ballet with an easy, accessible eating plan that works for every body - and absolutely no dance experience is required.

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Beautiful
professional
ballerina Mary
Helen Bowers,
this
transformative
approach to
fitness and
health will
reshape your
body and your
mind!

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Body and Gain
the ...*

Sarah Jessica
Parker

introduces this
holistic fitness
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forget beating
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goal. You can
achieve your
ideal body and
develop the
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a dancer by
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