

Noé Bitterman

Student Codarts
Rotterdam

Former student of
Maricelle



“Dancing is my passion and when Maricelle became my teacher I could really express it. The book is very inspiring and uses many examples that can help a lot. These examples give you a precise picture of what to do and what the teacher wants.

There is also no excuse with this book, so there is always a challenge. If you apply all these tips and information in everything you do, you can reach a lot in the dance world.

My favorite recipes are mainly the basic recipes such as the picture frame, the sponge finger belt or the fish bowl, because if you can apply them you can (if you practice a lot) the rest”.

Lynn Teunissen

Student Codarts Rotterdam



Sophie Vos

Student Codarts Rotterdam

Former student of Maricelle
& 5 o'clock class



Why do you recommend this book to future readers?

"Because everything is explained so beautifully, it is really clear and easy to apply while you are dancing".

What is the difference with other ballet books you know?

"The way the book is constructed and written encourages you to try things yourself instead of just reading about them like in many other books. This helps to learn the ballet technique or to improve your own technique very well".

What are your favorite ingredients and why?

"My favorite ingredient is the crown on your head. Not only does this remind me to stand up straight and hold up my head, but the idea also makes me feel beautiful and confident like a true queen".

Helen Wilson

Classical ballet
teacher

Director ballet school
Helen Wilson
The Netherlands



“Ballet recipes is packed with useful tips and a lot of fun to read.

All tips in Ballet Recipes are written down with words I know and which I understand, such as the candy canes stripes, the diamond and the sponge finger belt and so on.

My favorite ingredients are the candy canes stripes and the diamond. The candy cane stripes, because I find it quite difficult to turnout and they really help me to think about it continuously.

And the diamond because this reminds me of good posture”.



Het Ballet Centrum

Ballet school in Bunnik
The Netherlands

"We are really very happy with this book!

It's really wonderful to watch a child when suddenly the penny has dropped; there's a flash of understanding, and it's rightfully proud".



Alanis Moore

Former student of
Maricelle

"I am most passionate
about ballet and I am
currently working at
RAD Grade 5/Inter
Foundation level".

“I would recommend Ballet Recipes because it is full of very helpful hints and tips to help improve all aspects of your ballet. The explanations have lots of detail and are easy to understand.

Ballet Recipes is broken down in to easy sections (ingredients) with fantastic illustrations and diagrams making it easy to follow the recipe.

My favourite ingredient is Posture because this is the most basic ingredient, but also the most important. All good ballet that I do comes from good posture!”

Lily Mae Tjon A Tjieuw

Student Dutch National
Ballet Academy
Former pre-character dance
student of Maricelle



Barbara Witterland

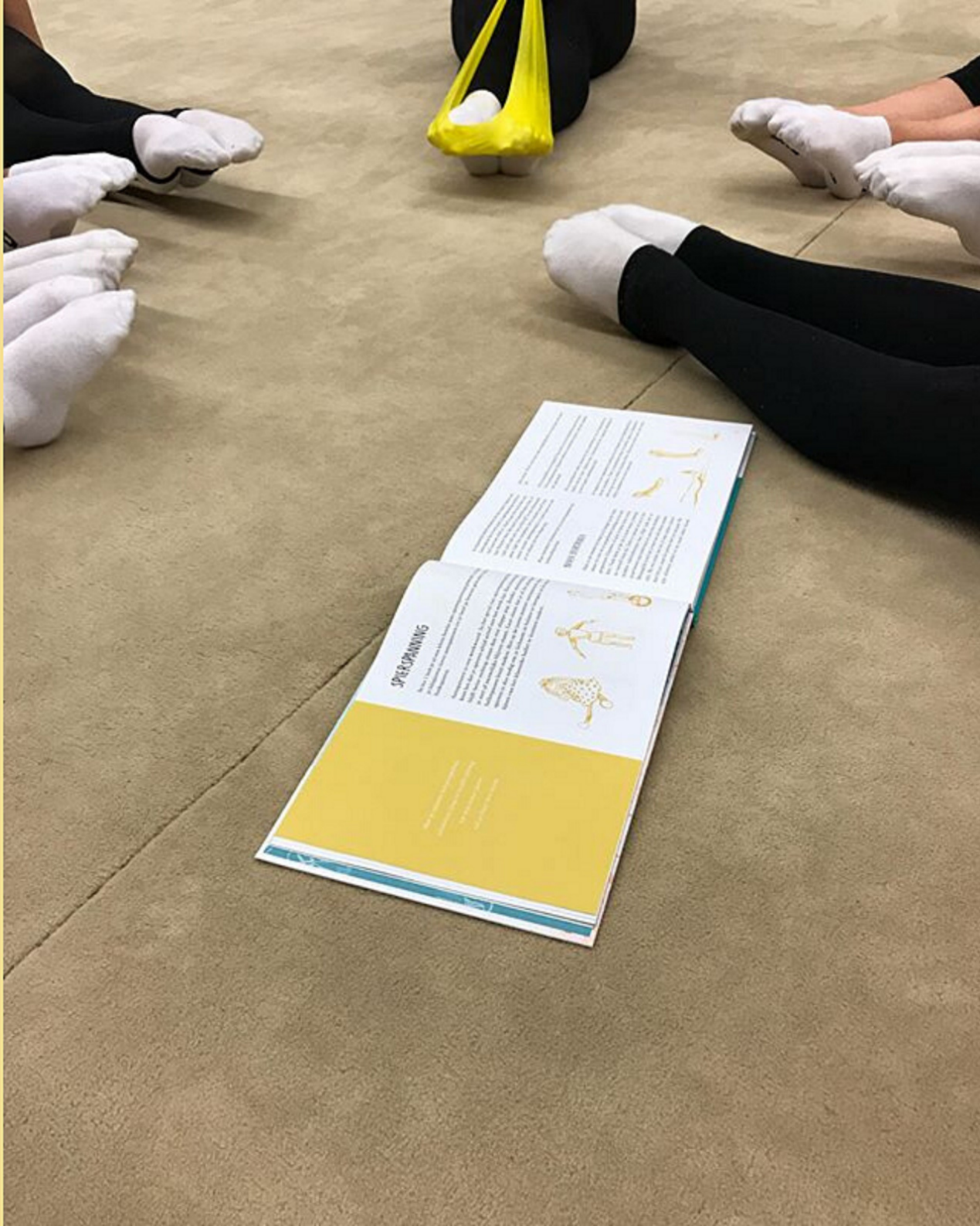
Editor
Ballet Recipes

Former student of
Maricelle



Wilskracht

Rhythmic
gymnastics
students
(first division)
led by Natalia
Doktorova



Dana and Sofie Leeuwrik

Former students of Maricelle



Rens Wiltjer

Student Dutch National
Ballet Academy

Former pre-character
dance student of
Maricelle



“I recommend this book because you are going to imagine all those things that will make you apply it in your ballet class.

The difference with other books I think is that other books are mainly about what ballet is, but this book is about how to do it.

My favorite ingredient is the sponge finger belt, because I love those cookies and therefore it stays in my mind.”

Soraya Sanchez

Classical ballet teacher at
Dance Academy Lucia Marthas Amsterdam



Katja Wahle

Graduate Codarts Rotterdam

Teacher classical ballet and
contemporary dance

Daughter Romée

Student Codarts
Rotterdam

Former student of
Maricelle



"I recommend this book, because, it's very well structured. The book really starts with the basis of classical ballet technique. The author enthusiastically takes the reader on her journey. The explanation is clarified with beautiful and imaginative images.

'Ballet recipes' is also highly recommended for dance teachers.

What is the difference with other ballet books you know?

- The good and accurate explanation of the '6 ingredients'. How do I turn out, how do I tighten my muscles in the right way, how do I stand well.
- The French terminology of ballet poses and passes is translated and explained.
- The manner of speaking is personal, as if the reader is actually in a ballet class and the teacher explains.
- The reader is kept focused and remains involved, because the author regularly asks the reader questions and repeats instructions.

My daughter's favorite ingredient is Posture. The images of the picture frame, the sponge finger belt and the fish bowl in particular helps her to find the right posture”.



Savina Marasi

Former professional
dancer

Ballet teacher

Co-founder of the
international competition
AmsterDans

“I asked Maricelle since the beginning that her book could have been a perfect present for a winner (children or for a teacher) to give during the competition . In the beginning only in Dutch, but now also in English will be a perfect opportunity for the book to be seen and used by teachers and students from different countries.

I think that the way ballet has been presented and explained can be a perfect and original approachable way for a child to understand a beginning history of ballet technique.

What I really liked is the support of nice photos with description .

I think it brings to a child an important visual support that will probably remain easier imprinted in the dancer memory”.

Esmée Borgts

Classical ballet teacher graduated from the
Royal Academy of Dance



“The book *Ballet Recipes* has given me more tools to transfer the classical ballet technique to my students. The visual examples makes it easier for students to remember. There is a good structure in the book that does not miss anything. In short, highly recommended!

What is nice that there is relatively little talk about muscles. Students often do not know how to feel it. With this different approach it suddenly becomes much clearer, but without all the difficult names.

My favorite tricky. Surely the fish bowl. Very effective and it causes hilarious conversations with the children. I also find the candy cane legs very appropriate and clear”.

Fay Grossnickel

Student Dutch National
Ballet Academy

Former pre-character
dance student of
Maricelle

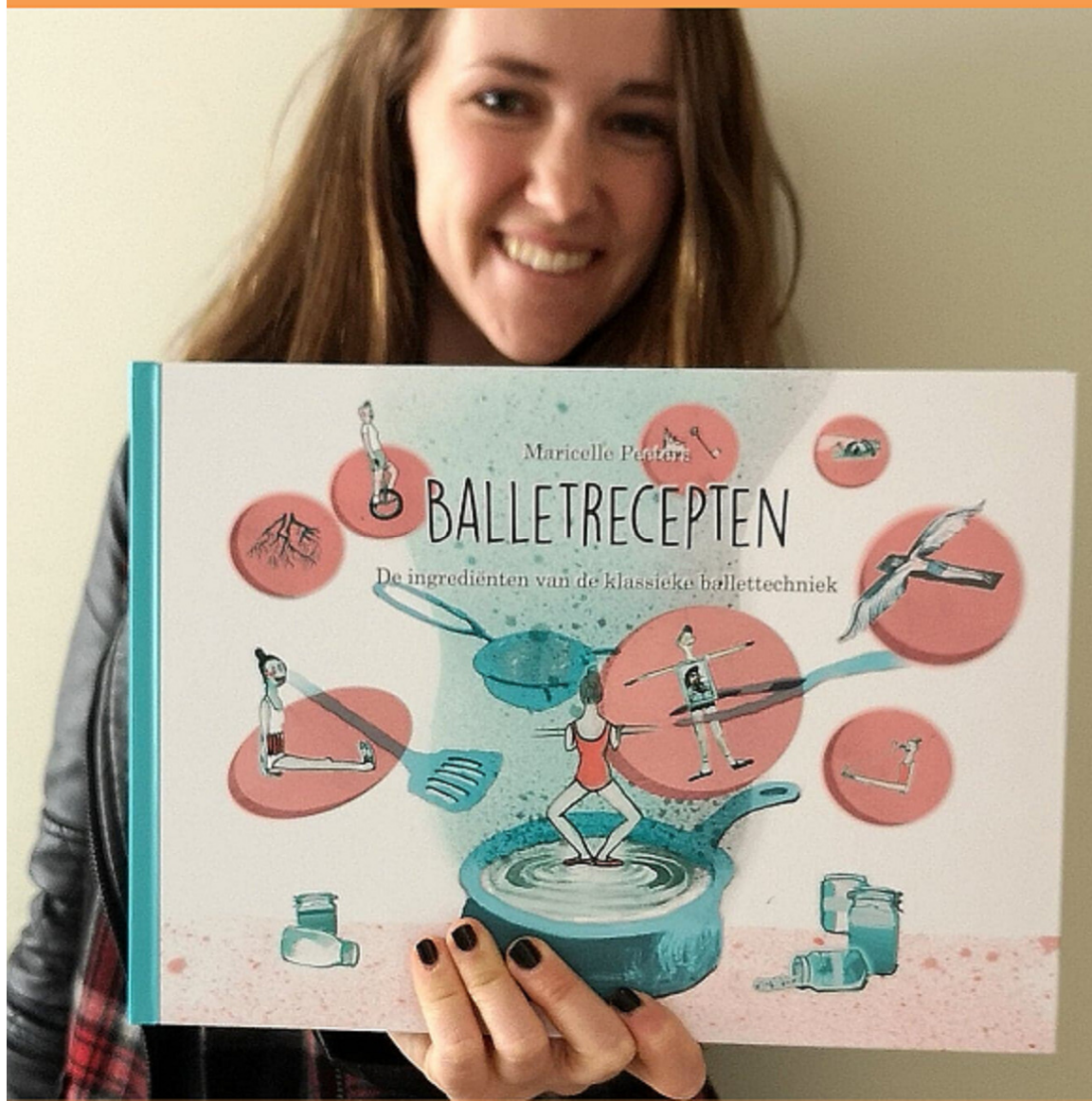


“Ballet Recipes is my very first ballet book and it contains many terms for your posture in ballet and that is very important, your posture!

My favorite ingredient is the sponge finger belt. If you slump, the sponge fingers will break and you'll get crumbs all over the floor. Don't let that happen! And if you haven't let them crumble, you can eat them at the end of the lesson!”

Margot van den Berg

Former student of Maricelle



As you know, I am very grateful for your poems for my book 'Ballet Recipes'. What encouraged you to contribute to this book?

"The moment I heard of 'Ballet Recipes', I was immediately inspired. I think the concept is very beautiful. You often go for the extreme: to lift your leg as high as possible, to turn as much pirouettes as possible and to jump as high as possible ... but where is the sensation? Without sensation the movement seems empty. It isn't alive. This book is mainly about how do the movements feel inside of you? I was very excited about that.

This book doesn't only explain exercises, but also the sensation behind the movement. I believe this book is different from other books and therefore it will be worth reading!"

Yvonne Charlton

Classical ballet
teacher



Fleur van Asseldonk

Student Dutch National
Ballet Academy

Former pre-character
dance student of
Maricelle



“Ballet Recipes is a very nice book, because you can learn a lot from it.

Other books have more pictures and less substantive explanation.

I love all ingredients, because they are all very nice and creative.”

Emma den Ambtman

Student Codarts Rotterdam

Former student of Maricelle



Esther Protzman

Former soloist Dutch
National Ballet

Classical ballet teacher
Royal Conservatoire
The Hague



“In her book, Maricelle Peeters fabulously describes all the ingredients required for classical ballet technique.

It is a ballet book you wish you would have had when you were young. But... how lucky we are: it is a book for young and old, for pupils, parents and teachers, filled with beautiful metaphors to help your (ballet)technique.

METAPHORS and IMAGINATION makes the artist and it helps your technique (and your understanding) incredibly.

The fish bowl, the fan, the cork, the sponge finger belt and numerous examples can be found in **BALLET RECIPES** and are an amazing tool to discover the ingredients of classical ballet technique. In addition, all ballet terms are explained using funny illustrations. A valuable treasure in your bookcase and with many interesting tips to read!

True beauty and true ART still lies in the details. The care and the joy!

I suggest kids **READ** the book themselves and gets them to 'reading' as well in this virtual and digital world of today!”



Maria Zatoka

Student Vaganova
Ballet Academy

Former student
Dutch National Ballet
Academy

Former pre-character
dance student of
Maricelle

Logan Kooijman

Student Codarts Rotterdam



Anabel Oomen

Student Codarts
Rotterdam

Former student of
Maricelle



Estelle Thomson

Graduate Australian Ballet School
Student European School of Ballet



“I would recommend this book to future readers because I believe it will help all dancers to master the classical ballet technique as it describes to you the small, yet very important details needed.

Ballet Recipes is different from other books as it goes into real depth; providing you with inspiring illustrations and thorough descriptions of how to feel the movements from the correct muscles.

Seeing the author of *Ballet Recipes*, Maricelle Peeters, teaching a ballet class inspired me and showed me how important it is to be very precise and take the time for each movement to be perfected during every lesson.”

B'Elanna van Otegem

Student ballet
studio Marieke van
der Heijden



"This ballet book is different then any other ballet book. Any person can understand what to do with this book. Kids or adults, experienced dancers and none experienced dancers it helps everyone.

I have another ballet book and they only use actual ballet terms to help you understand how to do certain things and this book actually has a lot of terms that even help people that have just started ballet or people that have never even done anything with ballet.

My favorite ingredient is the sponge finger belt. When Maricelle was my teacher she used it often in class and it really helped me a lot."

Anna Sophie van Galen

Student Royal Ballet
School of Antwerp

Former pre-character
dance student of
Maricelle



Suzanne van den Hondel

Dance teacher

Former student of Maricelle



“Dance technique is complex to explain. Some actions are difficult to explain. You have to feel this in your body. By using imagery, actions become easy to understand and you can imagine much better how the implementation should be. Ballet recipes is full of imagery, explanations and great illustrations of complex dance technique. In this way it is understandable for everyone and you will move forward in leaps and bounds!

Ballet books do not always explain HOW to achieve a certain movement like extending your legs or shifting weight, but Maricelle expresses this in Ballet Recipes in a playful and easy way to understand.

Your pelvis is like a fish bowl, filled with water with a goldfish swimming in it. You can guess what happens if you move your pelvis backwards or forwards. So you should keep the fish bowl completely level. You can even explain this to very young children”.

Henna Lee

Graduate Dutch National Ballet Academy

Former dancer Scapino Ballet Rotterdam

Classical ballet teacher Codarts Rotterdam



“I recommend Ballet Recipes because it is a nice ballet book with beautiful illustrations.

I bought it for my 8 year old daughter because she has been taking ballet lessons for a year and I thought it would be a great book for her.

Ballet recipes is full of imagery and so the ballet terms become very clear for young children”.



Lindy Bremer

Freelance Dancer

Graduate Codarts

Former student Royal
Conservatoire
The Hague

Former student of
Maricelle



Alida Segal

Graduate Moiseyev School of National and Character Dance in Moscow

Teacher and choreographer National and Character Dance
Creator International Character Dance Syllabus

“I can't read any of the text as I don't understand Dutch but I absolutely LOVE the illustrations. Two of my favourites are the 'fountain' and the spirals around the legs. But all the illustrations are great!!! It means that even little children who can't yet read and write can get a really clear message and image. The older ones who are so analytical and deeply into the technique often forget the 'feelings' and usually the older they are, the less they use their imagination. This helps them also! I think the book is an absolute treasure for any dance/ballet teacher, irrespective of what age-group they teach.

I think the images are something that everyone (vocational and recreational ballet students) can relate to!”