

**Zena Rommett Floor-Barre Technique®**  
**Nora Kimball-Mentzos, Frankfurt/Main, DE**

Zena Rommett, originator of the world-renowned Zena Rommett Floor-Barre®, has led the next evolutionary step in body refinement and improvement training. Utilizing the floor, without the pressure of gravity, Floor-Barre® properly corrects placement, strengthens joints and corrects muscles. It combines classical ballet with anatomical principles of alignment. The technique helps lengthen the body thus creating long, exquisite lines. As a pioneer in injury prevention and rehabilitation, Zena Rommett's Floor-Barre® is regularly recommended by notable medical practitioners specializing in the needs of a dancer and other athletes. Rather than regressing during an injury, with Floor-Barre® the dancer's capabilities actually strengthen and improve beyond prior capabilities.

The Zena Rommett Floor-Barre Technique® was born out of the devotion and discipline of a determined artist seeking answers that others could not give her. Staying focused and dedicated to this effort for over a third of a century, Zena Rommett has guided so many others to the answers they also hoped to find. She has led the way for change and innovation in dance training and in the process, has set a new standard of quality and excellence around the world.

The progression of movements that the students perform lying on the floor thoroughly prepare and condition the body, strengthen the pelvis and spine, clarify classical posture and technique, giving them a solid mental and physical basis from which to work without tension and frustration. Traditional movements from the ballet barre exercises are broken down to their most meticulous articulation, resulting in ever-more correct turnout, maximum mobility and freedom of movement, greater strength and more efficient use of energy. The Floor-Barre Technique® corrects imbalances and habitual improper use patterns that might otherwise lead to injury.

Without the pull of gravity, correct alignment and improvement become part of the muscular memory. The physical structure is centered, lengthened and strengthened. The dancer's mind and body are working together and focused to achieve increased power, fluidity, refinement of line and solid control of transition.

The Floor-Barre® was designed to improve and fine tune ballet technique. It had never been intended as rehabilitation therapy for injury recovery. However, over the last four decades its benefits to the healing and recuperative process have been so dramatic that those not familiar with its original intention often believe this has always been its primary purpose. Doctors, Sports Physiologists and Orthopedists specializing in the treatment of athletic artists regularly recommend the method to their patients. Injured dancers actually save precious time to return to performance or rehearsal schedule, while gaining insight into corrective habits that last a lifetime. The implication and value of the work expands beyond the dance world assisting non-dancers as well.

Further information: [www.floor-barre.org](http://www.floor-barre.org)

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 Trained: National Academy of Ballet with Thalia Mara, the Harkness House for Ballet Arts, the American Ballet Theater School and with Zena Rommett.  
 Worked with Eliot Feld Ballet, the Stuttgart Ballet, Nederlands Dans Theater, American Ballet Theater, Karole Armitage Ballet, Ballett Frankfurt and Peter Sellars.  
 Pedagogue at Hochschule für Musik u. Darstellende Kunst Frankfurt, certified Zena Rommett Floor-Barre® Mentor, global teacher of ballet and repertoire.