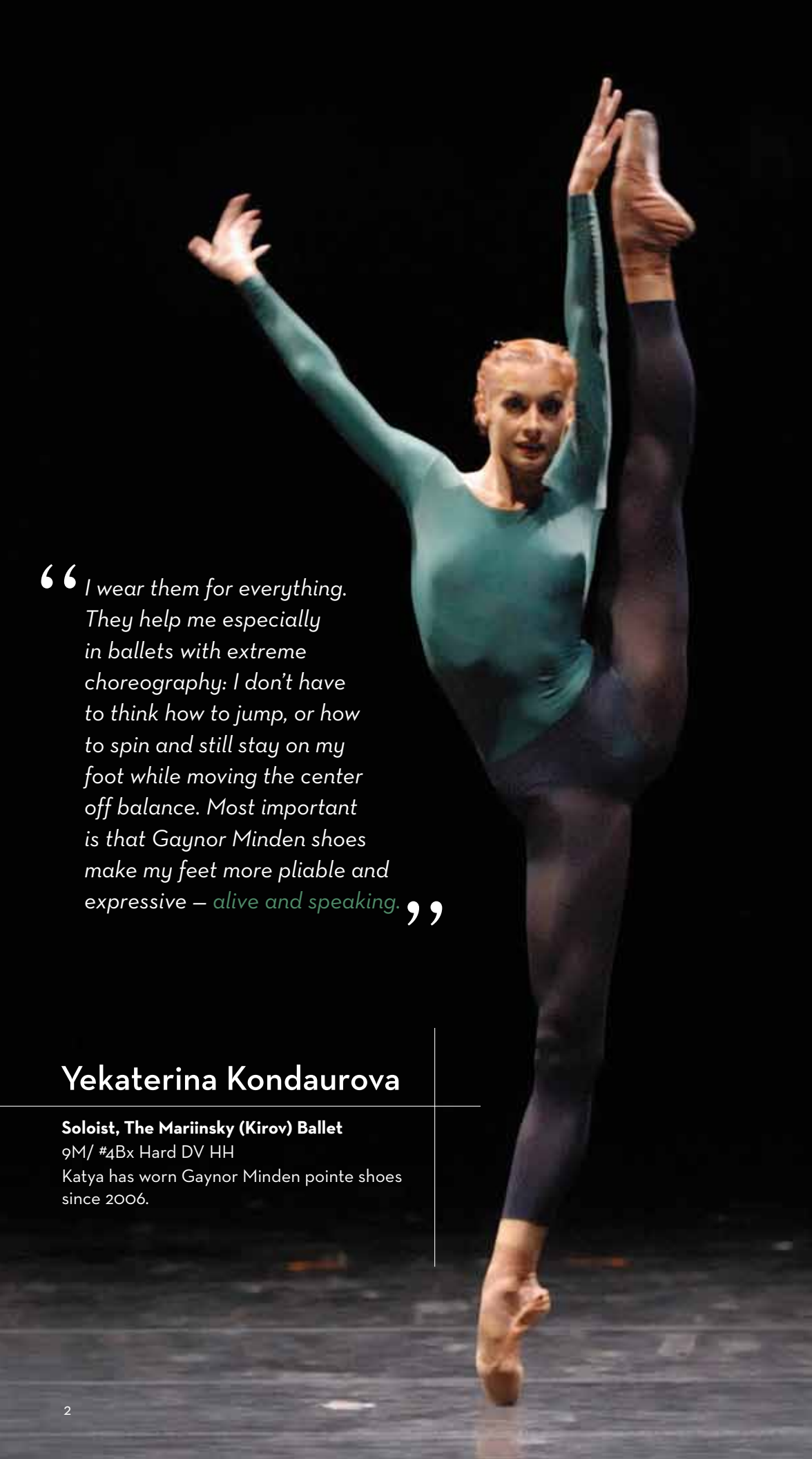


IT'S AMAZING WHAT GOES INTO
MAKING SOMETHING EFFORTLESS.



GM
GAYNOR MINDEN®
NEW YORK

WINTER/SPRING 2010



“ I wear them for everything. They help me especially in ballets with extreme choreography: I don't have to think how to jump, or how to spin and still stay on my foot while moving the center off balance. Most important is that Gaynor Minden shoes make my feet more pliable and expressive – *alive and speaking.* ”

Yekaterina Kondourova

Soloist, The Mariinsky (Kirov) Ballet

9M/ #4Bx Hard DV HH

Katya has worn Gaynor Minden pointe shoes since 2006.


GAYNOR MINDEN®
NEW YORK

Dear Dancers and Teachers,

It's a Quinceañera, a fifteenth birthday celebration, here at Gaynor Minden.

Back in 1993 we were the brand nobody'd ever heard of. The very idea of using modern materials in a pointe shoe generated as much skepticism as enthusiasm. John (that's co-founder John Minden, my husband) and I worked out of our apartment. Our staff consisted of one former dancer, working part-time.

Today tens of thousands of dancers, all over the world, from beginners to international stars, dance in Gaynor Minden. Leading teachers recommend them. Our product line now fills a catalog, and in this issue we proudly announce the impending arrival of Miniminden, clothing for young dancers. What hasn't changed: we're still convinced that dancers deserve the best technology, our sales team is still made up of current and former dancers, and our pointe shoes are, in some places, still controversial. But now it's a new controversy: is it possible for a pointe shoe to work too well? (See "Cheater Shoes?" p. 22.)

Like many fifteen year olds we sometimes feel misunderstood. Sometimes we are, (please see List of Ingredients p. 7). But more and more, our philosophy and our shoes are embraced at the highest levels. Let the dancers in these pages tell you in their own words.

Teachers: Our Rewards Program can help you, your studio, or your students. Please inquire.

Looking forward to Sweet Sixteen,



Eliza Gaynor Minden



"That's me, Eliza Gaynor, age 15, wondering if sore toes really make you dance better."

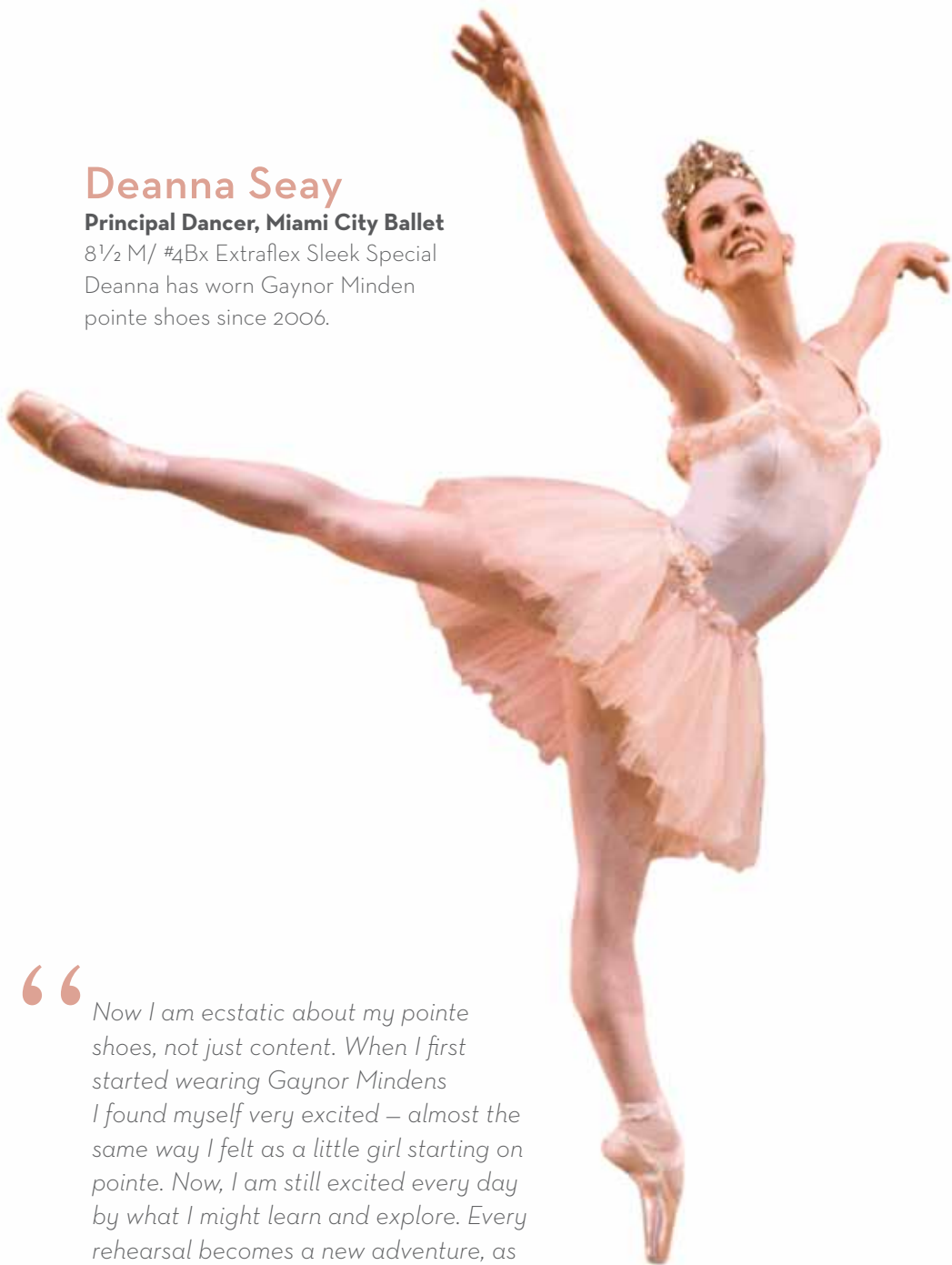
POINTE SHOES

Deanna Seay

Principal Dancer, Miami City Ballet

8½ M/ #4Bx Extraflex Sleek Special

Deanna has worn Gaynor Minden
pointe shoes since 2006.



“

Now I am ecstatic about my pointe shoes, not just content. When I first started wearing Gaynor Mindens I found myself very excited – almost the same way I felt as a little girl starting on pointe. Now, I am still excited every day by what I might learn and explore. Every rehearsal becomes a new adventure, as these shoes help me to feel things I have never felt free enough to feel before. It is as if I have been given a new pair of feet. These shoes inspire me to explore new possibilities of expression, artistry, and technique.

They make me feel free. ”



Our famous pointe shoes.
2,951 fitting options.
Color: Peachy Pink.

Made in the USA.

\$84.99

“ As a professional dancer I've come to realize that what makes this art form truly magical is **something beyond technique**. Gaynor Mindens give me the added confidence to reach this next level. I know my shoes will be soundless, and fit perfectly. I go on stage ready to completely enjoy the movement and the moment. ”



Gillian Murphy

Principal Dancer, American Ballet Theatre

9 1/2 N/ #3Bx Extraflex DV Special

Gillian has worn Gaynor Minden pointe shoes since she was 15. Her teacher recommended them.

LIST OF INGREDIENTS

Well-intentioned misinformation flourishes in cyberspace and even sometimes in dance studios. We were flabbergasted to read some of the things that have been asserted about our shoes. Forget the science fiction. Here's what's in a Gaynor Minden.

Shanks and Boxes: Thermoplastic Elastomerics.

- No fiberglass, no carbon fiber, no pvc. Elastomerics, particular synthetic materials, polymers if you like, that are super flexible and super resilient and virtually indestructible. Go ahead and read the studies, the guys in the lab coats found some really creative ways to abuse pointe shoes.
- The shank arches to better conform to your foot. That's for aesthetics and for support. Yes, you can still heat it with a blow dryer to change the shape, and many years ago, before we made so many stiffness options, we suggested this.
- **Five** different stiffnesses. The shanks and boxes do not break in or break down, so we offer a choice of pliabilities. The support of the shoe won't change; the satin may stretch just a little.

Linings: Genuine Poron® 4000.

- Footwear's finest impact and noise absorbing material. No comparison to cheap latex or EVA. We use only the real stuff; beware of imitations.

Outer Sole: Suede.

- We tried to go high-tech on this but it squeaked. Last year we changed the color to tan, something in between an Abyssinian cat and a ginger snap.

Drawstring: Elastic.

- Side opening – no more sore spot on top of your foot.

Exterior: Classic, classy, peachy pink.

- Rayon satin with moisture-wicking lining.

Platform: Pleatless.

- We did it first, we do it quietest. Greater useable surface en pointe, fewer wobbles in penché on flat. Also available in suede.

Fitting: 2,951 Combinations.

- Sizes and half sizes. Most in 3 widths, 3 box shapes, 5 stiffnesses, 2 vamps, 3 heel types. Special orders, too.

Teachers



—Melissa Hayden, (1923-2006)
Renowned New York City Ballet
Principal Dancer and originator of
legendary Balanchine roles,
Senior Faculty North Carolina School
of the Arts for over 20 years

“ Gaynor Mindens strengthen the feet and elongate the leg muscles. They facilitate articulate footwork, good balance, and correct technique. Gaynor Mindens shape to the foot, allowing it to become an extension of the leg in a long, continuous line. I recommend them to everyone I teach. ”

“ Gaynor Minden pointe shoes are high quality, professional ballet footwear, ideally suited for beginners as well as for experienced dancers.

It is unusual to find a shoe that can be fitted so well, thus minimizing injuries and general discomfort. The shoes are stable, perfectly balanced, and create a beautiful line of the foot. ”



—Marina Leonova,
Director, Bolshoi Ballet Academy
Moscow, Russia

“ I highly recommend the Gaynor Minden pointe shoe for the training of young dancers – it is not only the professional who enjoys its benefits. It supports the foot in such a way that the dancer is better able to feel and attain correct alignment on pointe. ”

—Mignon Furman,
Founding Director,
American Academy of Ballet



—Yuri Fateev, Director of Ballet
Mariinsky (Kirov) Ballet, St. Petersburg, Russia

“ GM pointe shoes make feet look elegant, conceal their imperfections, and protect them effectively. They stand out for their flexibility; a dancer can easily make soft roll-ups and downs without “springing” onto pointe. This is an effective way to develop foot strength and technique. As a teacher, it is so much easier to gain a result with dancers wearing GM! ”

“ Gaynor Mindens are excellent for the beginning pointe student. They enable the dancer to build her own strength in the foot, without overly relying on the shoe. They encourage the correct position of the toes, and provide just enough resistance for a smooth roll-up and roll-down. I strongly recommend this shoe – along with good training – as a perfect way to be introduced to the wonderful world of pointe work!

It's the shoe of the new generation. ”



—Kathryn Sullivan, Senior Pointe Instructor,
Steps on Broadway, Ballet Faculty,
Barnard College and New York University



“ So much is expected of dancers today, and the Gaynor Minden pointe shoe is an excellent tool for their training at all levels. As a former professional dancer and now a teacher, I have found that Gaynor Minden pointe shoes are supple, encouraging a beautiful rolling-through of the feet, and at the same time durable – perfect for building strength. They mold wonderfully to the foot, promoting a lovely line. ”

—Victoria Mazzarelli, Associate Artistic Director
Nutmeg Conservatory for the Arts
Gold Medal Winner, 1984
New York International Ballet Competition

LEOTARDS



“ *Gaynor Minden pointe shoes give my feet the support and shape that I never found in any other shoe. They withstand my rigorous rehearsals and challenging performances. Rather than worrying if my shoes are getting too soft, I can fully enjoy the movement and emotion of the ballet I'm performing.* ”

Kristi Boone

Soloist, American Ballet Theatre

8M/ #3Bx Hard DV RH

Kristi has worn Gaynor Minden pointe shoes since 1999.



Gaynor Minden Leotards.
All original. All painstakingly
designed to make a dancer
feel long-legged, confident,
daring, relaxed – and beautiful.
Dressy and Basic styles.
Most in Tactel®.

V-Neck Tank



Deceptively simple. Crisp V lines front and back. Discreet gathers where straps meet torso. Tactel®/Lycra. Colors: Black, Navy Blue, Burgundy. Sizes P, S, M, L.

\$33.99

Skinny Strap



Classic never goes out of style. Here's one you can customize. Adjustable straps and adjustable front gathers. Stunning open back. Tactel®/Lycra. Shelf bra. Colors: Black, Navy Blue, Burgundy. Sizes S, M, L.

\$33.99

“ Since I have been wearing Gaynor Mindens, the stress injury on my feet disappeared. ”

Sarawanee Tanatanit

Ballet du Grand Théâtre de Genève

8½N/ #3Bx Extraflex & Supple Slek

Sarawanee has worn Gaynor Minden pointe shoes since 2005.



Open-Back Mock Turtle

Sleek, athletic front and a knockout tear drop back. Elegant 1" diameter covered button. Tactel®/Lycra. Color: Black. Sizes S, M, L.

\$33.99



Covered button.



It's a basic with panache – like tendus at the Bolshoi. Sweet, flattering V neckline with a sophisticated back. Tactel®/Lycra. Colors: Black, Navy Blue, Burgundy. Sizes P, S, M, L.

\$33.99

Cap Sleeve



Zhong-Jing Fang

American Ballet Theatre

6 1/2 W/ #4Bx Supple DV HH

ZJ has worn Gaynor Minden pointe shoes since 2002.

“With Gaynor Mindens it's easy for me to just think 'Dance!'”



La Belle Epoch

High-neck lace leotard inspired by the art and gaiety of “La Belle Epoch” – the days of the Moulin Rouge, Monet’s *Water Lilies*, and, incidentally, the first pointe shoe. Soft, pretty stretch lace. Eight buttons down the back (purely decorative, extremely fetching). Back zipper. Tactel®/Lycra with shelf bra in black, Cotton/Elasthane with full front lining in white. Sizes S, M, L.

\$34.99



Glamour Straps



Vintage Hollywood glamour. The night sky ablaze with sweeping searchlights and leading ladies in dazzling gowns. We took our cue from the dramatic necklines (and backlines) of the era. Shelf bra. Tactel®/Lycra. Sizes S,M,L. Colors: Black, Navy Blue, Burgundy.

\$34.99



Lace

Dancers have exquisite necks and collarbones. This shows them off. Slightly belled cap sleeve. Pretty enough to wear out to dinner; haute couture in the studio. Tactel®/Lycra with shelf bra in black, Cotton/Elasthane with full front lining in white. Sizes P, S, M, L.

\$34.99



How dazzlingly low can we cut the back and still make it work? Took us a year and a half to get it right. The better for those to see from the other side of the studio. Nice detail: self material ties in back, you adjust the neckline. Tactel®/Lycra. Sizes: S, M, L. Colors: Black, Navy Blue, Burgundy.

\$34.99

Halter





A dressy leotard. And why not? If ballet class isn't a formal occasion then what is? Exquisitely pleated "cummerbund" top. Adjustable spaghetti straps (fettuccini actually, more comfortable). Shelf bra. Cotton/Elasthane. Color: Black. Sizes S, M, L.

\$34.99

Gala



	LEOTARD SIZING CHART							
	Child XS Ages 2-4	Child S Ages 3-6	Child M Ages 6-8	Child L Ages 7-9	Adult P	Adult S	Adult M	Adult L
Bust/Chest	19"-21"	21"-23"	23"-26"	24"-28"	29"-32"	32"-34"	34"-36"	36"-38"
Waist	18"-21"	20"-22"	21"-24"	22"-25"	21"-25"	23"-26"	25"-28"	28"-34"
Hips	20"-23"	22"-24"	23"-28"	25"-29"	30"-33"	33"-36"	36"-39"	39"-44"
Weight					85-105 pounds	95-126 pounds	115-145 pounds	135-165 pounds
Height					56"-62"	58"-66"	64"-68"	66"-71"



Panel Skirt Dress

Pure, clean, elegant lines.
Timeless, yet totally modern.
Cotton/Elasthane. Polyester
skirt. Full front lining. Color: White.
Sizes S, M, L.

\$29.99



Sweetheart Dress

Demure, lady-like,
possibly saucy,
indisputably flattering.
Cotton/Elasthane.
Polyester skirt. Shelf bra.
Color: Black.
Sizes S, M, L.

\$29.99



SILKS



“From my heart, I’m really happy with these shoes.”

Anastasia Matvienko

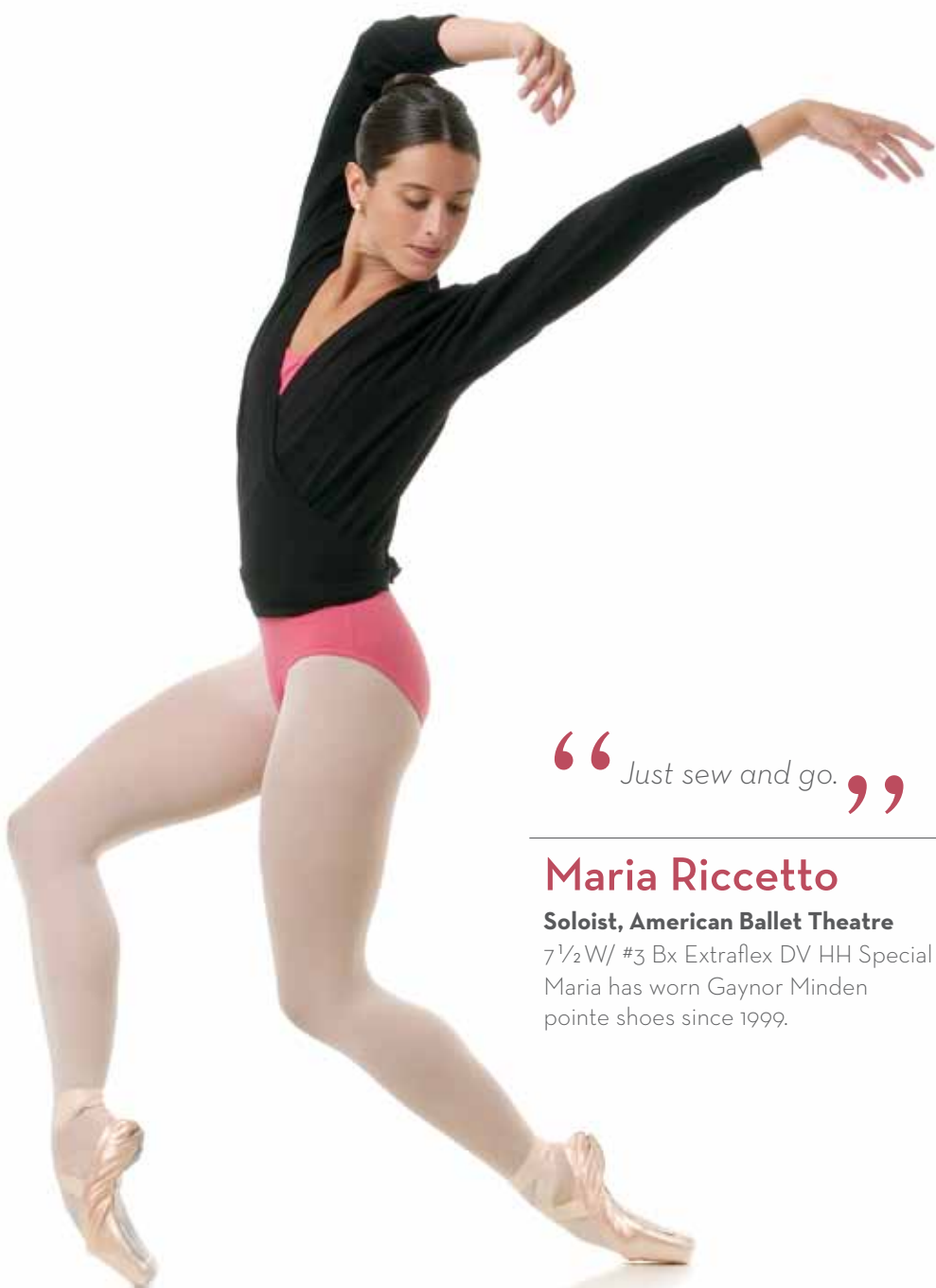
**Principal Dancer,
Mikhailovsky Ballet Theater**

7 1/2 W/ #3Bx Extraflex DV HH

Anastasia has worn Gaynor Minden
pointe shoes since 2006.

Taglioni demanded silk slippers;
Fonteyn required silk tights,
and Balanchine would accept no substitute
for the gowns in *Vienna Waltzes*.

Why? Because nothing, absolutely nothing,
moves and feels like silk. Our silk studio
wear is blended with just enough spandex
and cotton to make it stretchy and – yes!
– machine washable.



“ Just sew and go. ”

Maria Riccetto

Soloist, American Ballet Theatre

7½W/ #3 Bx Extraflex DV HH Special

Maria has worn Gaynor Minden
pointe shoes since 1999.

Silky Wrap Sweater



An elegant improvement on the classic. Extra-long sleeves for staying warm during extra-long balances. Smart-looking self-tie goes side or back, up to you.

Silk Blend. Machine washable.
Sizes: S, M, L. Color: Black.

\$47.50



Not bike shorts. Not bloomers. Years ago they might have been called "hot pants." Our sleek, slimming silk blend transforms readily into a "boy short." And that can be very sexy. Don't say we didn't warn you.

Silk Blend. Machine washable.
Sizes: S, M, L. Color: Black.

\$23.99

Silk Shorts



Silk: delicately thin but plenty warm. Our Long Silky Sweater keeps the chill off without swaddling you beyond recognition. Cut long, with extra-long sleeves you can roll up to meet special challenges. Flattering scoop neck. Side vents so it always hangs perfectly, whether in trikonasana or six o'clock penché.

Silk Blend. Machine washable.
Size: S, M, L. Color: Black.

\$47.50



Long Silky Sweater

Dancing Pants

Silk-blend Dancing Pants. Boot-cut gives legs extra dazzle when you're really moving, and extra sleekness when you're standing still. Slenderizing low-slung V-shaped waistline.

Silk Blend. Machine washable.
Sizes: S, M, L. Color: Black.

\$44.99



“CHEATER SHOES”?

Time for some myth-busting.

So how did Gaynor Mindens get to be called “cheater shoes”? Yes, they are stable and shock absorbing, but the misunderstanding arises from misfitting, from wearing a shoe that is overly stiff and supportive and therefore “does the work for you.” A paste and cardboard pointe shoe will break down before this becomes a problem; a Gaynor Minden won’t.

Solution: demand a sufficiently pliable shoe. Be thrilled with the demi-pointe of your new Gaynor Minden because you can’t change it.

CONVENTIONAL

BRAND NEW	=	“HARD”
SLIGHTLY WORN	=	“EXTRAFLEX”
BROKEN IN	=	“SUPPLE”
WEARING OUT	=	“FEATHERFLEX”
ALMOST “DEAD”	=	“PIANISSIMO”

GAYNOR MINDEN

Many dancers have no idea that we even make pliable shoes. Many stores and catalogs carry only our stiff styles. Some internet sites offer uninformed advice. Don’t let yourself be cheated out of the correct fit: go to a store with a specially trained Gaynor Minden fitter – ideally a Certified Gaynor Minden Fitter – and with a big inventory of styles for you to try. Or buy directly from us.

Gaynor Minden Artists are all dancers who have used our pointe shoes for a long time. Almost every single one wears Gaynor Minden exclusively. You can watch many of these ballerinas dance on our website. See the clean, honest technique that got them where they are, and enjoy the artistry that makes ballet an enduring art form – technical innovation notwithstanding.



Yekaterina Osmolkina

Soloist, Mariinsky (Kirov) Ballet

7½M/ #4Bx Hard DV HH

Yekaterina has worn Gaynor Minden pointe shoes since 2005.

““

I like Gaynor Minden pointe shoes because they are light, stable and comfortable – as for jumps, so for turns. Also important is that they last very long and are completely noiseless onstage. ””

“Guess what?
Now we can wear Gaynor Minden, too!”



miniminden
new york





V-Neck Dress

Because it's just more fun to dance in a skirt.

Colors: Light Blue, Black, Light Rose. Cotton/Elasthane.

Child Sizes: S, M, L.

\$27.99



Sweet Bows

Impossible not to look just darling in this one.

Adorable little bows gather the bell sleeves and the front.

Colors: Light Blue, Black, Light Rose. Cotton/Elasthane.

Child Sizes: XS, S, M.

\$19.99



Miniminden Tights

That same soft, stretchy, super-comfortable material that made our adult tights best sellers is now available to children.

Nylon/Spandex blend. 70 Den microfiber (the good stuff). Crotch gusset. Size chart page 28.

\$8.99

Miniminden Leotards

Feeling pretty and confident – no matter how little you are. Even our simple designs offer a something extra: a special trim, a nice detail, a flattering line. Colors and styles conform to school dress codes, fabrics conform to reality: comfortable, breathable, machine washable. Skirts and belts securely sewn on because teachers prefer fidget-proof garments. Size chart page 16.



3/4 Sleeves

Echoes of Coco Chanel.
Stretch velvet belt with a
chic bow.

Colors: Light Blue, Black,
Light Rose. Cotton/Elasthane.

Child Sizes: XS, S, M.

\$19.99



Rosette Dress

An exceptional dance
dress. Feminine and lovely:
Cotton/Elasthane with stretch
velvet top panel, velvet skirt,
and three rose ornaments.

Colors: Light Blue, Light Rose.

Child Sizes: S, M, L.

\$36.99



Classic V-Neck

A bit of elegance on
an everyday leotard.

Classic lines, discreet but
distinctive trim.

Colors: Light Blue, Black,
Light Rose. Cotton/Elasthane.

Child Sizes: XS, S, M.

\$16.50



TIGHTS



“ Ballet has always been hard but Gaynor Minden makes it easier. I love *them* – they don’t make any noise when I jump, and I can use the same pair many times because they last longer. ”

Erica Cornejo

Principal Dancer, Boston Ballet

7N/ #3Bx Feather DV RH

Erica has worn Gaynor Minden pointe shoes since 1999.

Who knew your legs had such shape? Elegant. Defined. Sexy.

Meticulous manufacturing and advanced textile technology. Gaynor Minden weaves tights with 3D stretch for the utmost freedom of movement, using only the finest, genuine microfiber (70 filaments per thread) because only real microfiber produces a truly soft, luxurious “hand.”





“ I was impressed when I first tried Gaynor Minden shoes. Now ballet shoes are not just beautiful, but also very comfortable. And the most important thing is that comfort lasts for a long time. My feet are grateful for the shoes and my audience is happy with my dancing. With Gaynor Minden, I feel I can do anything.”

Yekaterina Shipulina

Principal Dancer, Bolshoi Ballet

8 1/2M/ #3Bx Hard DV HH

Katya has worn Gaynor Minden pointe shoes since 2006.

TIGHTS SIZING CHART						
SIZE	Child XS/S	Child S/M	Child M/L	Adult S	Adult M	Adult L
Height	32" - 45"	40" - 52"	50" - 62"	61" & under	62" - 65"	66" & over
Weight	30-50 lbs.	45-70 lbs.	65-90 lbs.	90-110 lbs.	105-125 lbs.	125-150 lbs.

Wool
Microfiber
Blend



Angelically light wool woven with sturdy, stretchy microfiber. The tidy, slimming alternative to bulky, falling-down legwarmers. Imported from Italy. Black. Footless.

\$22.99



Microfiber
Pink Convertible
& Black Footless

Pink convertible tights (yes, it's the right pink) with built-in ankle and net-reinforced convertible opening. Or black footless. Crotch gussets.

Pink Convertible **\$12.50**
Black Footless **\$11.99**



“ We’ve worn them since we started to shave! ”



Prima Ballerinas of Les Ballets Trockadero de Monte Carlo

- ① **Vera Tchumpkova (Roberto Lara)**
10½W/ #4Bx Feather DV HH
- ② **Svetlana Lofatkina (Fernando Medina)**
10W/ #4Bx Hard DV HH
- ③ **Maria Paranova (Or Sagi)**
11½M/ #4Bx Hard DV HH
- ④ **Lariska Dumbchenko (Raffaele Morra)**
8½W/ #4Bx Hard DV HH





ACCESSORIES & UNUSUAL EXTRAS

Enjoying the photos? Many of the images in this catalog, and others, are available as 12" x 18" posters – FREE while supplies last. Visit www.dancer.com to see them. Refrigerator magnets, too.

English Ribbon



Soft, double-faced, pale peachy pink pointe shoe ribbon. Nylon. Ample (2 1/2 yards) for one pair of shoes. Or by the bolt, 50 meters. Imported from England.

2 1/2 Yards **\$3.99**
Bolt **\$80.00**



Pale Peach Elastic

Firm and long lasting 3/4" elastic. Ample (15") for one pair of shoes. Buy two if you criss-cross. Or by the bolt, 72 yards.

15" **\$1.99**
Bolt **\$65.00**

Transparent "Imperial" Elastic



"Imperial" in honor of the fairy tale Emperor who had a suit of clothes so fine that no one could see it. Super stretchy, 7/8" wide, utterly transparent. You don't need to see it to believe it. And you really will dance happily ever after. Ample (30"), for two pairs of shoes.

\$2.99

Invisible Elastic

Lace-like Japanese stretch material that virtually disappears next to tights. Works for technique slippers, too. Ample (30"), for two pairs of shoes.

\$2.99



“ In Gaynor Mindens I am free to take my dancing to my highest possible level, because I never worry about consistency, durability, comfort, or quietness. I cannot imagine going back to a traditional pointe shoe. ”



Alina Cojocaru

Principal Dancer, The Royal Ballet
6W/ #4Bx Supple DV HH Special
Alina has worn Gaynor Minden
pointe shoes since 2002.

Heel Grippers



The extraordinarily useful Gaynor Minden Heel Gripper actually keeps your shoes on your heels.

The textured surface really holds your foot.

The peel-and-stick backing keeps gripper locked in place.

And, by filling in the extra space around your heel, it makes the back of the shoe beautifully smooth, sleek, and free of lines and wrinkles. No Botox required.

(Especially helpful for dancers with narrow heels.)

\$3.99

Totally Toes Fitting Kit



Because sore toes do not make you a better dancer.

- **Cool Blue Gel Crescent** takes pressure off a longer 2nd toe
- **Cool Blue Gel Oval** takes pressure off the big toe
- **Mushroom** protects sensitive big toe nails
- **Dynamic Box Liner** hugs the top of the foot to prevent sliding down in the box, leaves the metatarsals free to feel the floor.

Slim, sleek, precise, and astonishingly effective.

[Note on materials: Our gel is extra-dense to approximate the firmness of your toe tips. Our other cushions are all made from REAL Rogers Corp. Poron®4000 urethane foam, not wanna-be latex or EVA. Genuine Poron has the American Podiatric Association Seal of Acceptance.]

\$6.99

Suede Tips

We did it for you. No more cutting, gluing, darning. Your Gaynor Mindens will last even longer. Peachy colored suede to match the satin.

By special order only.

\$10.00 additional per pair.



“ Gaynor Mindens make me feel *like I'm dancing on air* – like butterfly's wings. They are a gift to my feet. I can dance with a sense of security, and they give me a beautiful line. That's why I trust them. ”



Viengsay Valdés

Prima Ballerina, Ballet Nacional de Cuba

8W/ #4Bx Hard DV HH

Viengsay has worn Gaynor Minden pointe shoes since 2004.

Toe Wrap



Save skin. Dishearten corns. And while you're at it make bunions feel unwelcome. Our stretchy microfoam toe tape protects and cushions, allows complete freedom of movement, and peels off with no sticky residue. So soft and light it's almost fluffy. 5½ yards per roll.

\$7.99

“ It's easier to point, easier to balance and turn, easier to jump – and I love the sleek, arched look they give my foot – I won't dance in anything else now. ”

Alina Somova

Soloist, The Mariinsky (Kirov) Ballet

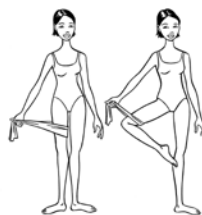
8M&N/ #4Bx Extraflex DV HH

Alina has worn Gaynor Minden pointe shoes since 2005.



The Dancer's Dozen

Who better than the physical therapists at NYC Ballet when it comes to intelligent cross-training for dancers? Here are 13 dancer specific exercises that they devised to help you increase your strength and flexibility. Comes with 2



different exercise bands and a nifty, flip-card, illustrated instruction booklet – all in a pouch that fits perfectly in your dance bag.

\$19.99





Padded shoulder straps for total comfort. Adjustable length so it's right for you.

Handy small zip pocket right where you need it for keys, change, class card, etc.

Literature pocket for magazines, notebooks, fan mail.

Zipper flip-top for instant accessibility.

Quick shoe access in a large, ventilated compartment.

Another zipper flip-top to main compartment; no more rummaging.

Large, extra-secure outer pocket has both a zipper and a Velcro® flap. Clever cell-phone pocket inside.

Elegant satin-finish nylon is actually tough, water-resistant, and slides perfectly under an airplane seat.

Dancer's Backpack

A manageable size of 17³/₄" x 12¹/₄".
Color: Black.

\$29.99

Elena Glurdjidze

Senior Principal Dancer, English National Ballet

7¹/₂W/ #4Bx Extraflex Sleek

Elena has worn Gaynor Minden pointe shoes since 2000.

“ To feel comfortable during a performance is very important. They are soft, flat and light; they fit your foot perfectly and they are not noisy. Since I bought my first pair I have not been able to wear anything else. ”





“ I love how they make jumping so light, so effortless and so quiet, and how they make balancing easy (which I especially appreciate for the Rose Adagio). I adore them! ”

Yevgenia Obraztsova

Soloist, The Mariinsky (Kirov) Ballet

7M/ #3Bx Supple & Extraflex DV RH

Genia has worn Gaynor Minden pointe shoes since 2006.

Vamp Elastic



“Going over?” “Popping out?” Suffering from your gorgeous arches? Stitch Vamp Elastic in the throat of your pointe shoe and you’ll feel the same kind of added support that an extra-deep vamp would provide – with no compromise of demi-pointe and no expensive special order. 15”, ample for one pair of shoes. Instructions included.

\$4.99

Sockliners

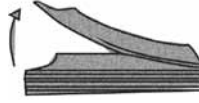


For narrow, fine-boned feet: reduces excess material at heel and sides of shoe. Made of Poron® 4000. Useful in all kinds of footwear.

\$3.99



Adjustable Toe Separator



Got the Grand Canyon between your big toe and your second toe? And is that second toe an extra long over-achiever? Careful, that's the perfect set up for a Non-hereditary Bunion and its unpleasant little companions: Hammertoe and Soft Corn. Toe Separators can help when they fit right. Ours is adjustable; you customize both length and width to suit your own anatomy. It's simple: peel, snip, tape in place.

Made of Poron® 4000. Instructions included.

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Tara Birtwhistle

Principal Dancer, Royal Winnipeg Ballet

8½ W/ #4Bx Supple DV HH

Tara has worn Gaynor Minden pointe shoes since 2005.

“ I have been wearing Gaynor Mindens for almost three years; I am thrilled with the results. Amazing as it sounds, they have changed how I dance and have certainly lessened the pain I had in my feet and ankles. A godsend! ”



The Ballet Companion

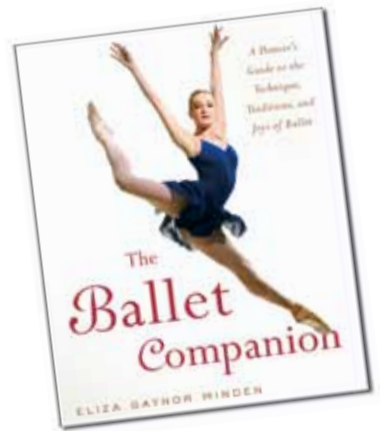
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The Ballet Companion

by Eliza Gaynor Minden.

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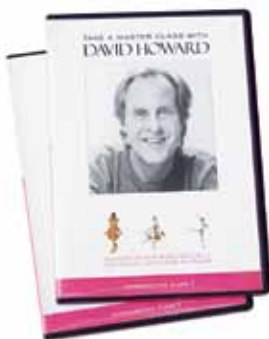
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“A superb reference book – all the information today’s students need but can’t get just by taking class – every dancer’s library should have it.”

–Angel Corella, Principal Dancer,
American Ballet Theatre

David Howard DVDs I & II



Inspiring do-at-home ballet classes from America’s foremost ballet teacher. David Howard has taught Baryshnikov, Makarova, Kirkland, and Herrera – let him teach you too. Includes *The History of Toe Dancing and Pointe Technique*, presented by Eliza Minden. Take a Master Class with David Howard, Intermediate Class I and II. DVDs. Re-packaged. 90-minutes each.

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Your feet will *purr*. Long, cuddly, cozy warm-ups made from high tech stretch fleece loosen up your feet and ankles so much faster than ordinary socks or legwarmers. Look forward to more exciting tendus in the cold weather ahead. Available in sexy Leopard or panther Black, with witty-kitty paw prints on the soles for cat-like traction.

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Paws



Olesia Novikova

Soloist, The Mariinsky (Kirov) Ballet

8½N/ #2Bx Extraflex Sleek

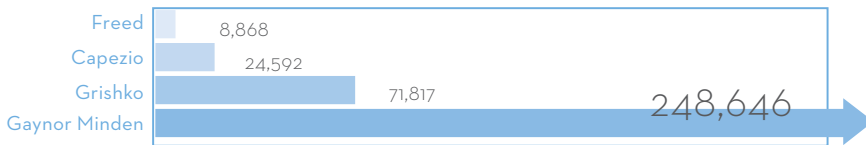
Olesia has worn Gaynor Minden pointe shoes since 2006.

“ There are no better shoes than Gaynor Minden to dance Romantic roles! Gaynor Mindens are so *light and quiet* that it makes dancing smoothly and giving the impression of gliding across the stage, easy. ”

Independent Scientific Research

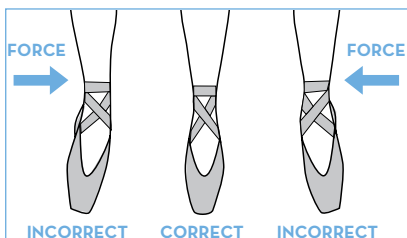
(...as if dancing in them isn't enough.)

Simulated relevé cycles before shoe failure



Better Alignment.

Even highly trained dancers are better aligned in Gaynor Mindens, according to a study at the Exercise Science Department at the University of Massachusetts, Amherst. Proper alignment is crucial for ballet technique, for correct muscular development and for protecting the joints from injury. Forces to the ankle during vigorous dancing can reach 10 times body weight; misalignment can transmit these potentially injurious forces to the medial/lateral ankle structures. Kinematic analysis of the dancers' ankles showed that sickling is reduced and subjects stand straighter in Gaynor Mindens than in traditional shoes.



A 115-lb. dancer who sickles only 2°, as shown above, may transfer 40 lbs. to the lateral ankle, the site most vulnerable to sprain. While dancing, these forces may increase to 10 times her body weight.

Superior Motion Control, Weight Distribution, and Stability.

Researchers from the Temple University School of Podiatric Medicine also studied issues of stability and alignment, in this case using a pedabagraph. Gaynor Minden again proved superior to other shoes and was shown to have a 38% greater useable platform area.

Greater Impact Absorption.

In addition, the Temple University team assessed shock absorption, using advanced F-Scan technology, which enabled them to detect actual pressures to specific areas of the foot during dancing. Again, Gaynor Mindens proved superior. All subjects in the Temple University studies were professional dancers.



Much Better Durability.

A study at The Orthopaedic Biomechanics Laboratory of Union Memorial Hospital in Baltimore, Maryland, published in the *American Journal of Sports Medicine*, evaluated the durability of various brands of pointe shoes using a machine that simulates relevé. Gaynor Minden was still going strong after 248,000 relevé cycles. The others didn't come close.

Worthen, L et al., "Biomechanical Issues in Ballet: Alignment at the Ankle in Pointe Shoes," Performing Artists Medicine Association, proceedings of Annual Meeting, 1997.
Ng, G. et al., "F-Scan Evaluation of a Revolutionary Pointe Shoe Design," Temple University School of Podiatric Medicine 14th Annual Scientific Seminar, 1999.
Cunningham, B.W. et al., "A Comparative Mechanical Analysis of the Pointe Shoe Toe Box," *American Journal of Sports Medicine* 26(4):555-561, 1998.

“It is wonderful to dance all day with comfortable feet, and to have extra ease in balancing. What I especially love about my Gaynor Mindens is no noise! I am free to jump with as much power and brilliance as I possibly can because I know my landings will be soft and delicate.”



Natalia Osipova

First Soloist, Bolshoi Ballet

8M/ #4Bx Hard DV HH Special

Natalia has worn Gaynor Minden pointe shoes since 2006.

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“ Beauty, Lightness, and Comfort –
this is Gaynor Minden. Try them
once, and you will never take
them off. ”

Nadezhda Gonchar

Soloist, The Mariinsky (Kirov) Ballet

7½M / #3Bx Extraflex DV HH

Nadia has worn Gaynor Minden
pointe shoes since 2005.


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