



*GM*  
GAYNOR MINDEN®  
NEW YORK

WINTER 2015



The Gaynor Minden pointe shoe is the first successful modernization of ballet's iconic footwear. It grew from my love and personal experience of ballet.

As an ardent amateur I realized that sore toes did not make me a better dancer, and as the daughter of a ballet school founder I knew that pointe shoe frustration was widespread. Later, as an administrator, I struggled to pay for pointe shoes only to see them worn out after just one show, and I saw beautiful dancers sidelined by injury.

Borrowing my brother's bandsaw I cut open traditional pointe shoes and found cardboard, paste, burlap, and even newspaper. From sports I knew that modernized equipment makes all the difference in the comfort, safety, and enjoyment of physical activity. Why then were dancers – the most elite athletes of all – using such antiquated shoes? Other artists enjoy the benefits of

progress in countless ways, from painters' vivid pigments to pianists' well-tuned pianos – why not dancers, too?

Putting my outrage into action, I quit my job to study the materials that had revolutionized modern footwear. I recruited scores of ballet teachers, dance medicine experts, and professional dancers in New York and, in 1993, after eight years in testing and research, Gaynor Minden made its debut.

Our shoes are made in Lawrence, Massachusetts with a unique manufacturing process that is both state-of-the-art athletic shoe science and traditional, artisanal craftsmanship. Every pair is inspected by hand. My husband, John Minden, is C.E.O. and deserves more credit than he ever gets. I continue to design for dancers.

The company that John and I started in our small Manhattan apartment twenty two years ago is now a global brand. We're gratified that independent medical research confirms Gaynor Mindens' superiority in promoting safe and correct technique. We are honored that respected teachers recommend them, and that over 200 of the worlds' great companies buy them. We hope you like them too.

May ballet always bring you joy,

Eliza Gaynor Minden, Head of Design

# POINTE SHOES



“ 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

# What's The Difference?

## ...And Why It Matters.

Elastomeric shanks and boxes never weaken. Laboratory tested to withstand over 250,000 relevés. Available in five different stiffnesses to ensure appropriate support for dancers at all levels.

Non-collapsing box promotes correct alignment with every relevé – so important for beginners developing proper technique and balanced musculature.

Poron® Performance Cushioning socklinings for comfort and impact absorption.

Smooth, clean throat because drawstring opens at the side.

Pre-arched shank for better support and a prettier line – but you still have to work your foot.

Platform offers 38% greater useable surface for enhanced stability.

Pleatless panel also contains genuine Poron® to eliminate noise.

Our innovative fitting system allows anyone to customize a stock shoe at no extra cost. Standard lengths and widths with a choice of vamp, heel, shank, box, and regular or Luxe satin. Special orders also available.



# Fitting & Ordering Options

Our Code: **8** **M** **3** - **121** - **2** **2**  
 Length Width Box Shank\* Vamp Heel

\*The shank code has 3 digits. The first one specifies shank flexibility; the others are for production purposes.

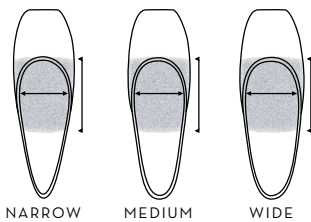
## Width

The width fits the midfoot area.

**N** = Narrow

**M** = Medium

**W** = Wide



## Box

The box fits the toe and metatarsal area area.

**#2** = Small and tapered

**#3** = Medium and tapered

**#4** = Square and wide



## Shank Flexibility

5	Hard
1	Extraflex (Medium/Hard)
2	Supple (Medium)
4	Featherflex (Flexible)
7	Pianissimo (Very Flexible)

## Vamp

**1** = Low

**2** = Deep (+ 1/4")

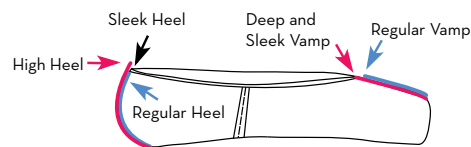
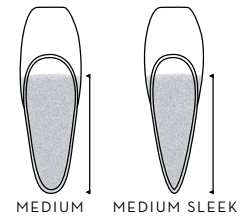
**3** = Sleek

## Heel

**1** = Low

**2** = High (+ 3/8")

**3** = Sleek



## Narrow Heels? Try a Sleekfit!

Narrow-heeled feet are hard to fit with conventional shoe sizing. Our Sleekfits accommodate width at the metatarsal, while hugging and flattering the heel with a smooth, clean line.

Available in most lengths and widths, and in all stiffnesses, regular or Luxe satin, suede or satin tip.



# Special Order Options

Our innovative fitting system – we were the first – allows dancers of all levels to choose their specifications without having to place a special order. It's the stock shoe you can customize. Even some of our professionals wear stock sizes!

Nonetheless, if you'd like to refine your fit even further, here are some special order options:

- ▶ Suede Tips
- ▶ Single or Double Reinforced Shanks
- ▶ LUXE Satin
- ▶ White Satin
- ▶ Adjustments to Satin  
(eg: sides cut down,  
modifications to vamp  
and heel heights)
- ▶ Wings



**Ekaterina Shipulina**  
Principal Dancer  
Bolshoi Ballet

“ With Gaynor Minden, I feel  
I can do anything. ”

One special order option adds \$10.  
Two or more add \$20.

# POINTE SHOE ACCESSORIES



From traditional proper English ribbon to ground-breaking 3M Microfoam surgical tape – our accessories offer everything you need to dance with confidence in your shoes, comfort in your feet, and **joy** in your heart!



## ENGLISH RIBBON

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



## PALE PEACH ELASTIC

The essential.  
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.



## 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.



## 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.



## ADJUSTABLE TOE STABILIZERS

Is there a Grand Canyon between your big and second toe? And is that second toe an extra long over-achiever? Careful, that's an attractive campsite for a non-hereditary bunion and its friends: hammertoes and soft corns. Toe Stabilizers can help. Ours are adjustable; customize both length and width. It's simple: stack, snip, tape in place. Made of Poron® 4000. Instructions included.



## FULL SOCKLINER

For narrow, fine-boned feet: reduces excess material at heel and sides of shoe. Made of Poron® 4000. Great for tap, character, and street shoes, too.



## VAMP ELASTIC

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



## 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. 5 1/2 yards per roll.





## TOTALLY TOES FITTING KITS

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 and sides of the foot to prevent it from sliding down into the box, while allowing the metatarsals to feel the floor.

[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.]



## HEEL GRIPPERS

The extraordinarily useful Gaynor Minden Heel Gripper actually keeps your shoes on your heels. Its textured surface really holds your foot, while 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.)



## TLC RIBBON

Your feet and ankles deserve some TLC: Tendon Loving Care.

Pointe shoe ribbons must tie snugly to look neat and professional, but standing flat they can chafe the Achilles tendon. Ouch and sometimes worse.

Strategic insertion of elastic makes ribbons comfortable. Ours are super-tidy; ribbon and elastic are same width and color, meticulously stitched together. Ample (4 ribbons) for one pair of shoes.

“*Teachers and directors have insisted that I try other pointe shoes, but nothing has made my feet happier than Gaynor Mindens!*”

**Michaela DePrince**  
Dutch National Ballet



# TECHNIQUE SLIPPERS

The power and eloquence  
of the dancer's foot:  
26 bones  
33 joints  
19 muscles and tendons  
107 ligaments  
all trained to transform movement  
... into art and exhilaration!



# DANCE WITH JOY!



## New! JOY Adult Ballet Slippers

- Cushioned sockliner absorbs impact.
- Careful pleating feels perfectly flat underfoot.
- Non-irritating side-open drawstring.
- Stretch gussets and binding for a sleek fit.
- Durably stitched outer soles.
- Shoe bag included.

Materials: Canvas with suede leather split sole

Sizes: 35-40 Eur. (Corresponds to 4-10 U.S.)

Color: Traditional peachy pink



# LEOTARDS

All original.  
All painstakingly designed to make  
a dancer feel confident, daring, relaxed  
– and beautiful.

“*Gaynor Minden pointe shoes free me to focus on the important parts of dance – the execution of its athleticism and artistry with a joyous, unburdened heart!*”

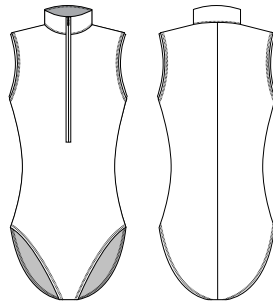
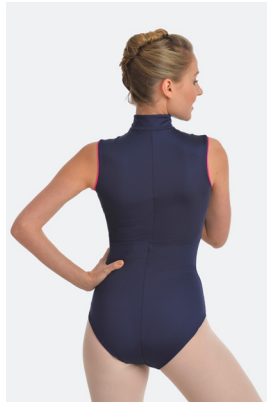
**Julia Erickson**  
Principal Dancer  
Pittsburgh Ballet Theatre



Made in the U.S.A.



NEW MOXIE



The B Vitamin of leotards.

Forget the lace and ruffles, Moxie is Seriously Sporty. You can't be lazy in a leotard with this much energy.

Racer cut armholes accentuate those delts front and back (gym-speak for shoulder muscles).

Mock-turtleneck unzips into a great V-neck. Full front lining.

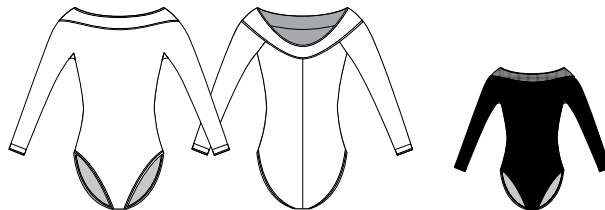
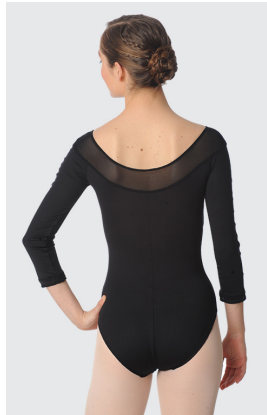
92% Nylon, 8% Spandex

Sizes: P, S, M, L

Colors: Black with Black (classic), Charcoal with Black (subtle), Black with White (sophisticated), Navy with Fuscia (POP!)



NEW JULIET 3/4 SLEEVE



Renaissance aesthetic, forward thinking design.

A lovely neckline curves gracefully onto your shoulders – flattering the body below and showcasing the face above.

No seams intrude to break the flowing lines because an ingenious hidden gusset creates a perfectly smooth front.

Shelf-bra.

Tactel: 90% Tactel® Nylon, 10% Spandex

Stretch Mesh: 90% Polyamide, 10% Elastane

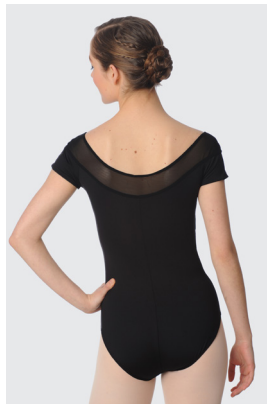
Sizes: P, S, M, L

Colors: Black-BLK





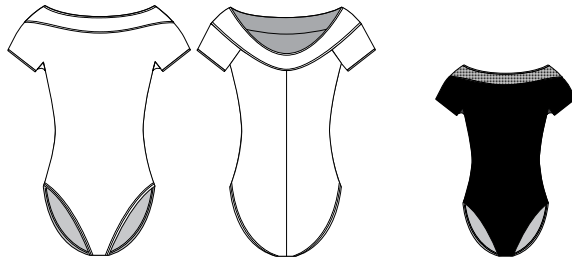
NEW JULIET CAP SLEEVE



Brush up your Shakespeare: This Juliet is a Cap(ulet) Sleeve, too. You'll be poetry in motion in this charming leotard with its appealing neckline and seamless shoulder. Hidden gusset for clean, fluid lines.

Shelf bra.  
Piping finish at sleeve.

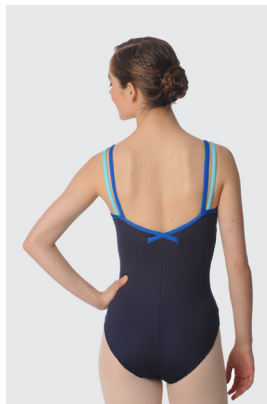
Tactel: 90% Tactel® Nylon, 10% Spandex  
Stretch Mesh: 90% Polyamide, 10% Elastane  
Sizes: P, S, M, L  
Colors: Black-BLK



Made in the U.S.A.



CRISS-CROSS



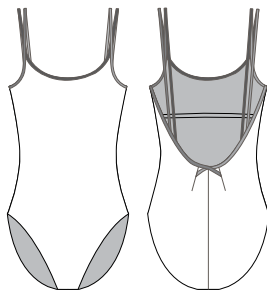
The ease and versatility of a camisole but ever so much more interesting.

Criss-cross straps are frolicking fun in multi-colored combinations, or discreetly elegant in subtle ones.

More thoughtful design: the adorable criss-cross in back is smoothly secured by clever darts.

Shelf bra.

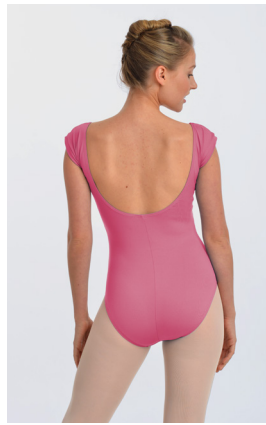
92% Nylon, 8% Spandex  
Sizes: P, S, M, L  
Colors: Charcoal-CHL (dark grey with black straps), Ocean-OCN (navy with royal blue and turquoise straps), Nautical-NAU (navy with white and navy straps)



New Colors!



CAP SLEEVE



Like tendus at the Bolshoi, it's a basic with panache. Sweet, flattering V neckline with a sophisticated back.

Bra liner.

90% Tactel® Nylon, 10% Spandex

Sizes: J, P, S, M, L

Colors: Black-BLK, Navy-NAV, Burgundy-BUR, Red-RED, **NEW** Rose-ROS, **NEW** Aubergine-AUB, Blue Mist-BMS (not available in Junior)



LACE



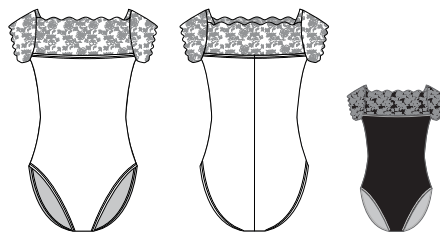
Dancers have exquisite necks and collarbones. This shows them off. Slightly belled cap sleeve. Pretty enough to wear out to dinner; haute couture in the studio.

Shelf-bra.

90% Tactel® Nylon, 10% Spandex

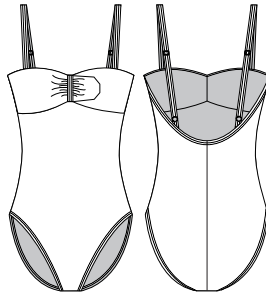
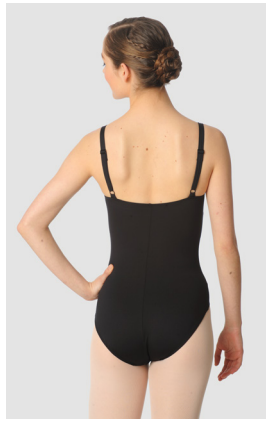
Sizes: J, P, S, M, L

Colors: Black-BLK





BANDEAU



Post-Impressionists in St. Tropez, the Ballets Russes in Monte Carlo, movie stars in Cannes – the Riviera has always lured glamorous artistic types. Now it's inspired a leotard.

Cross-over chest panels create a feminine, sophisticated, and effortlessly dressy look. Adjustable camisole straps.

Bra liner.

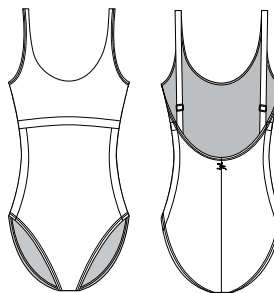
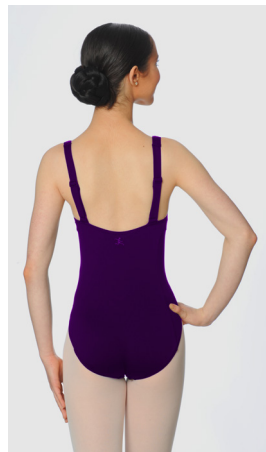
90% Tactel® Nylon, 10% Spandex  
 Sizes: P, S, M, L  
 Colors: Black-BLK



New Colors!



GAYNOR MINDEN TANK



Like a plié: it's not as simple as it looks. But you'll find it just as essential.

The Gaynor Minden Tank is your go-to leotard for comfort and confidence, sophistication, and subtlety.

Princess seams (for fit).  
 Inset Empire waist-band (figure flattering).  
 Wide, adjustable straps (comfort and support).  
 Deeply curved armhole (a beautiful line).

Bra liner.

90% Tactel® Nylon, 10% Spandex  
 Sizes: P, S, M, L  
 Colors: Black-BLK, Navy-NAV, Burgundy-BUR, Red-RED, Blue Mist-BMS, **NEW** Aubergine-AUB





BELLE

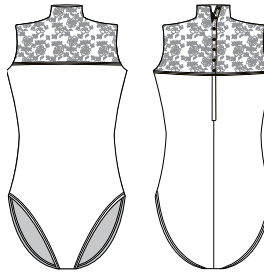


High-neck lace leotard inspired by the art of “La Belle Epoch” – the days of the Moulin Rouge, Monet’s *Water Lilies*, and incidentally, the first pointe shoe.

Soft, pretty stretch lace.  
Eight buttons down the back  
(purely decorative, extremely fetching).  
Back zipper.

Shelf bra.

90% Tactel® Nylon, 10% Spandex  
Sizes: P, S, M, L  
Colors: Black-BLK



PRINCESS CAMI



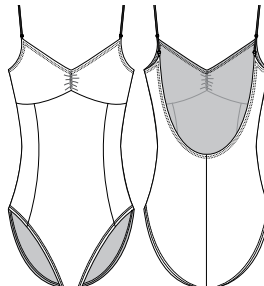
Simplicity evolved into elegance.  
Harmonious proportions.  
Clean, classic lines.  
Makes you feel poised, confident,  
maybe even regal.

Tiara not included.

Princess seams, adjustable straps,  
adjustable elastic front shirring.

Bra liner.

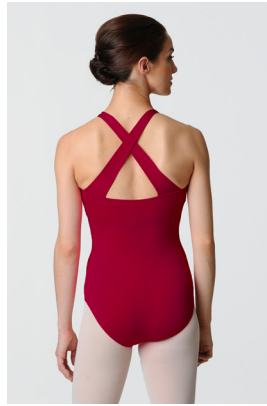
90% Tactel® Nylon, 10% Spandex  
Sizes: P, S, M, L  
Colors: Black-BLK, Aubergine-AUB







GLAMOUR STRAPS



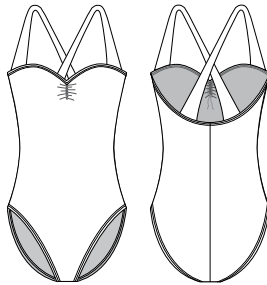
Vintage Hollywood. The night sky ablaze with sweeping searchlights. We took our cue from the famous necklines (and backlines) of the era. Angled tank straps, adjustable front shirring, sweetheart neckline.

Shelf bra.

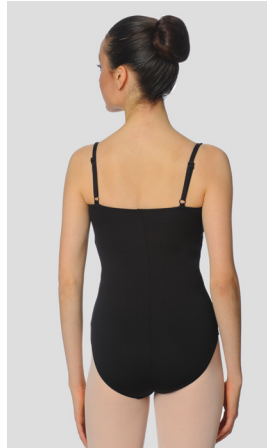
90% Tactel® Nylon, 10% Spandex

Sizes: P, S, M, L

Colors: Black-BLK, Navy-NAV, Burgundy-BUR, Red-RED, Blue Mist-BMS, Aubergine-AUB, Snapdragon Yellow-YLW



GALA



A dressy leotard. And why not? If ballet class isn't a formal occasion then what is?

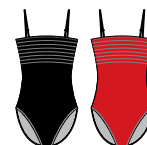
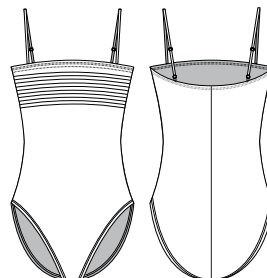
Exquisitely pleated "cummerbund" top. Adjustable spaghetti straps (fettuccini actually, more comfortable).

Shelf bra.

90% Tactel® Nylon, 10% Spandex

Sizes: P, S, M, L

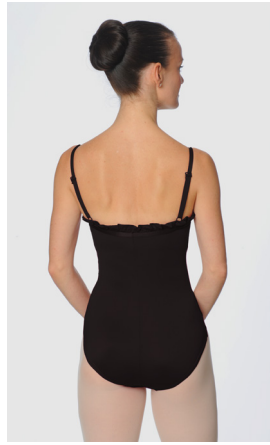
Colors: Black-BLK, Red-RED







RUFFLE

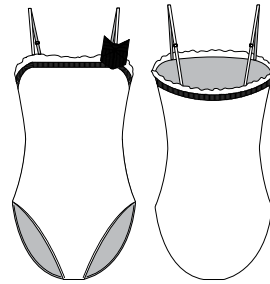


A ladylike leotard with a flirty alter ego. The bow makes all the difference.

Feeling festive? Maybe a little sassy? Snap on the bow. Time to be polished and demure? Wear it without.

Adjustable, camisole straps. Self-material ruffle front and back. Grosgrain trim and intriguingly folded, detachable grosgrain bow.

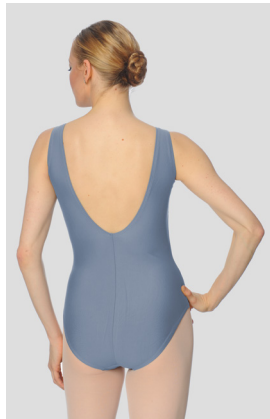
Shelf-bra.



90% Tactel® Nylon, 10% Spandex  
Sizes: P, S, M, L  
Colors: Black-BLK, Red-RED



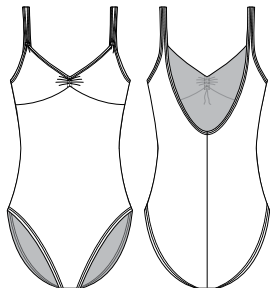
V-NECK TANK



Deceptively simple. Crisp V lines in front, deep U in back. Decorative self-material loops where straps meet torso.

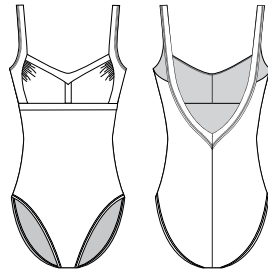
Bra liner.

90% Tactel® Nylon, 10% Spandex  
Sizes: P, S, M, L  
Colors: Black-BLK, Burgundy-BUR, Red-RED, Blue Mist-BMS





LYRIC



All dancers need a leotard that's comfortable, supportive, and flattering. With an Empire top that's actually a precisely designed framework of tank straps, gussets, and delicate pleating, Lyric gracefully shapes your torso.

Dancers of all sizes will appreciate how it looks and how it feels.

Bra liner.

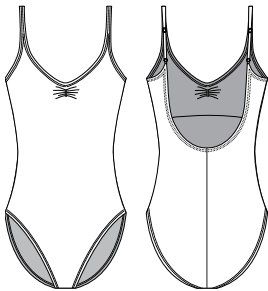
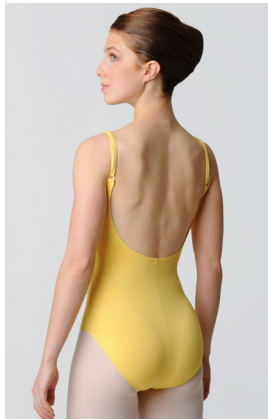
90% Tactel® Nylon, 10% Spandex

Sizes: P, S, M, L

Colors: Black-BLK, Aubergine-AUB



SKINNY STRAP



Classic never goes out of style. Adjustable straps and adjustable front gathers. Stunning open back.

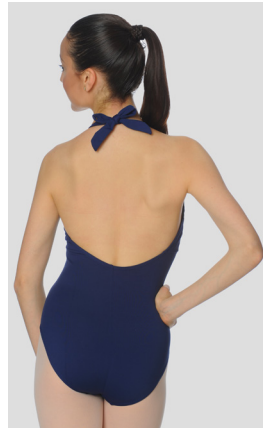
Shelf bra.

90% Tactel® Nylon, 10% Spandex

Sizes: P, S, M, L

Colors: Black-BLK, Navy-NAV, Burgundy-BUR, Red-RED, Blue Mist-BMS, Snapdragon Yellow-YLW

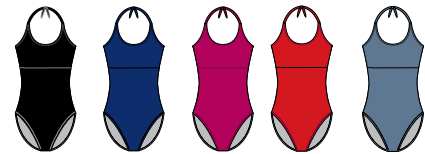
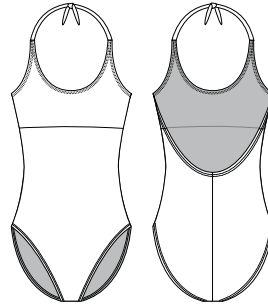




How low can you go?  
 It's a limbo party in a leotard!  
 Super low, open cut celebrates dancers' backs.  
 Nice detail: self material ties in back,  
 you adjust the neckline.

Bra liner.

90% Tactel® Nylon, 10% Spandex  
 Sizes: S, M, L  
 Colors: Black-BLK, Navy-NAV, Burgundy-BUR,  
 Red-RED, Blue Mist-BMS



HALTER

“ *Gaynor Mindens give me the possibility to explore the fullness of my technical and artistic capabilities, the freedom to express my soul through movement.* ”



**Maria Sascha Khan**  
 Barvarian State Ballet

# TIGHTS

A little love for your legs.





Why do ballerinas adore mesh tights?  
(Hint: it's not about tradition, tensile strength, or filament counts.)

It's about flaunting the best legs on the planet.  
Mesh doesn't cover legs; it coats them.  
It gets into every curve and contour and clings there, so that the gorgeous muscular definition of the dancer's leg is revealed.

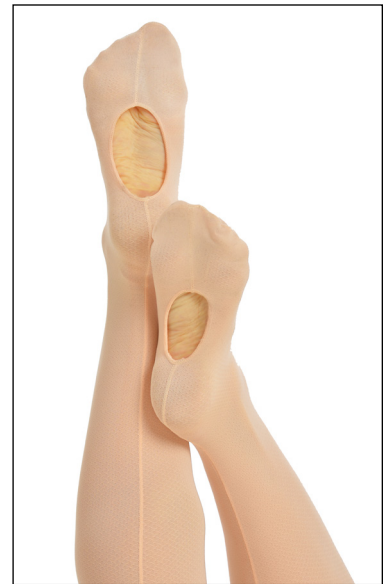
Our modernized mesh is even stretchier, even softer, and even more comfortable, but we didn't update everything. Traditional mesh tights have a seam in back – It's kind of sexy and distinctive. Be sure yours are straight.

Thoughtful features:

- plush waistband
- intelligently proportioned crotch gusset
- flattering, versatile color
- extra-wide convertible opening frees heels so shoes don't slip

85% Nylon (70 Den Microfiber), 15% Spandex  
Pink (PNK) Convertible  
S, M, L, XL

## NEW MODERN MESH





New Style!



## MICROFIBER TIGHTS

Meticulous manufacturing and advanced textile technology give you the utmost freedom of movement.

We use the finest genuine microfiber (70 filaments per thread) to produce an incomparably soft and luxurious "hand".

Styles: Convertible, Footless and **NEW** Stirrup  
Dyed-to-match crotch gussets.  
Soft-knit waistbands.



Nylon/Spandex blend, 70 Den Microfiber  
(The highest hosiery thread count you can get!)

Pink (PNK)  
Convertible  
S, M, L, XL

Light Pink (LPK)  
Convertible  
S, M, L, XL

Tan (TAN)  
Convertible or  
**NEW** Stirrup  
S, M, L, XL

Black (BLK)  
Convertible, **NEW** Stirrup,  
or Footless (not in XL)  
S, M, L, XL



New Color!



SWEATER TIGHTS

Once upon a time we sold light-weight wooly tights. They were soft, warm, stretchy, and sleek. People loved them. We sold lots. Then...disaster. We lost our supplier.

We launched a global, multi-year search for a replacement, but none of the dozens and dozens of samples we tried had it all. None were toasty and featherlight and lovely to the touch. Until now. Phew.

Footless. Flat seamed. Dyed-to-match crotch gusset. Soft elasticized waistband.

Imported from...can you guess where? Italy.

70% Acrylic, 30% Nylon

Sizes: S, M, L

Colors: Black-BLK, Navy-NAV, Charcoal-CHL,

**NEW** Amethyst-AME





# WARMERS

Gaynor Minden Warm-up Wear.  
Elegant and fun, just like you.



BAMBOO CROP-TOP

Body hugging in the nicest way.  
Gorgeous open neckline and precise shoulder seams for total upper body freedom of movement.  
Generous sleeve length for added warmth.

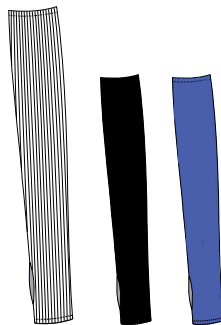
50% Rayon made from bamboo, 47% Nylon, 3% Spandex  
Sizes: P/S, M/L  
Colors: Black-BLK, Hyacinth-HYA, Rose-ROS



NEW BAMBOO LEGWARMERS

You won't want to do pliés without them.  
Generous length with slimming vertical knit ribbing for a long, lean look.  
Stretchy yet supportive fabric never slips down.  
(And won't cause bulging at the top either.)  
Exactingly cut stirrup flatters arches.  
Designed and tested to fit pointe shoes as well as technique slippers.

50% Rayon made from bamboo, 47% Nylon, 3% Spandex  
Sizes: P/S, M/L  
Colors: Black-BLK, Hyacinth-HYA

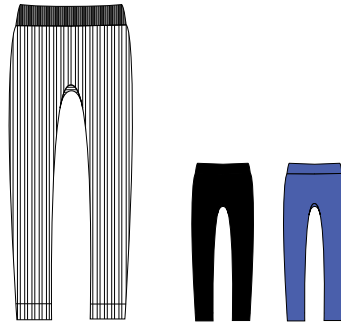




BAMBOO LEGGINGS

From studio to street.  
Foldable waistband goes low to flaunt those abs or rides high for more coverage.  
Capri length looks great on most everyone and liberates your beautiful feet and ankles.  
Slenderizing ribbed knit.

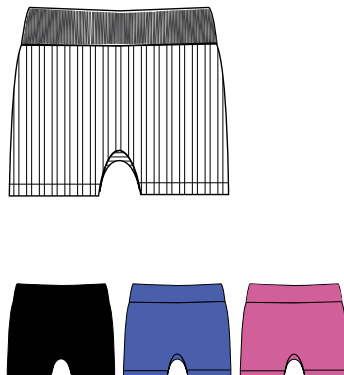
50% Rayon made from bamboo, 47% Nylon, 3% Spandex  
Sizes: P/S, M/L  
Colors: Black-BLK, Hyacinth-HYA



BAMBOO SHORTS

Versatile and super comfortable.  
These sweet little shorts can also be worn low for a cute hipster look.

50% Rayon made from bamboo, 47% Nylon, 3% Spandex  
Sizes: P/S, M/L  
Colors: Black-BLK, Hyacinth-HYA, Rose-ROS







## POMPON LEGWARMERS

No more dreary tendus. Put some cheer into those cold winter classes (especially up there in the Northern latitudes where it gets dark before you even finish frappés).

Cable knit legwarmers snuggle your ankles and calves; saucy little pompons make it fun.

100% Acrylic

Sizes: One Size

Colors: Jazzberry-JZB, Peacock Blue-PCK,  
Black-BLK



## COZY PAWS

Feet and ankles warm up so much better in our soft, plush fabric.

Finished, elasticized openings, witty non-slip sole designs, multiple sizes so even your littlest wild ones will feel cozy.

100% Polyester Polar Fleece

Sizes: XS (PPR & ZEB only), S, M, L

Colors: Zebra-ZEB, Dalmatian-DAL Tiger-TGR  
Black-BLK, Pink Panther-PPR,

# SIZE CHARTS



PAWS SIZING CHART	
SIZE	US STREET SHOE
XS	Under size 5
S	Sizes 5 to 7
M	Sizes 7 to 9
L	Above size 9

ADULT SLIPPER SIZE CHART						
EUR.	35	36	37	38	39	40
U.S.	4/5	5/6	6/7	7/8	8/9	9/10

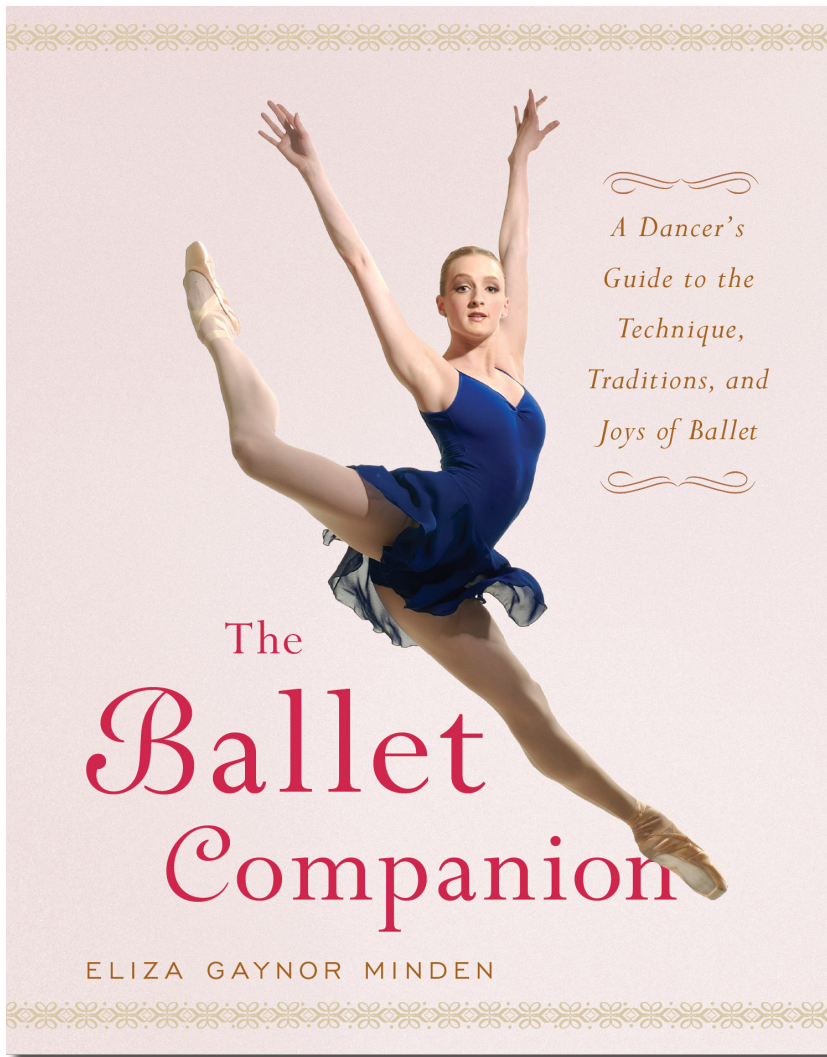
LEOTARD SIZING CHART					
	JUNIOR	PETITE	SMALL	MEDIUM	LARGE
Bust	25" - 28"	29" - 31"	32" - 34"	34" - 36"	36" - 38"
Waist	21" - 23"	22" - 24"	23" - 26"	25" - 28"	28" - 34"
Hips	29" - 31"	31" - 33"	33" - 36"	36" - 39"	39" - 44"
Weight	70 - 90 lbs	85 - 105 lbs	95 - 125 lbs	115 - 145 lbs	135 - 165 lbs
Height	4'8" - 5'	4'10" - 5'2"	5'2" - 5'6"	5'4" - 5'8"	5'6" - 5'11"

TIGHTS SIZING CHART				
	ADULT S	ADULT M	ADULT L	ADULT XL
Height	64" & under	61" - 68"	64" - 71"	65" - 72"
Weight	90 - 120 lbs	105 - 145 lbs	125 - 160 lbs	140 - 170 lbs

# UNUSUAL EXTRAS



In between classes, before rehearsal, on the road – our accessories and training aids help you be your best! There's even a fabulous bag to keep you organized.



THE BALLET COMPANION

“ *Unique and comprehensive, this is a wonderful companion and guide for anyone who loves dance.* ”

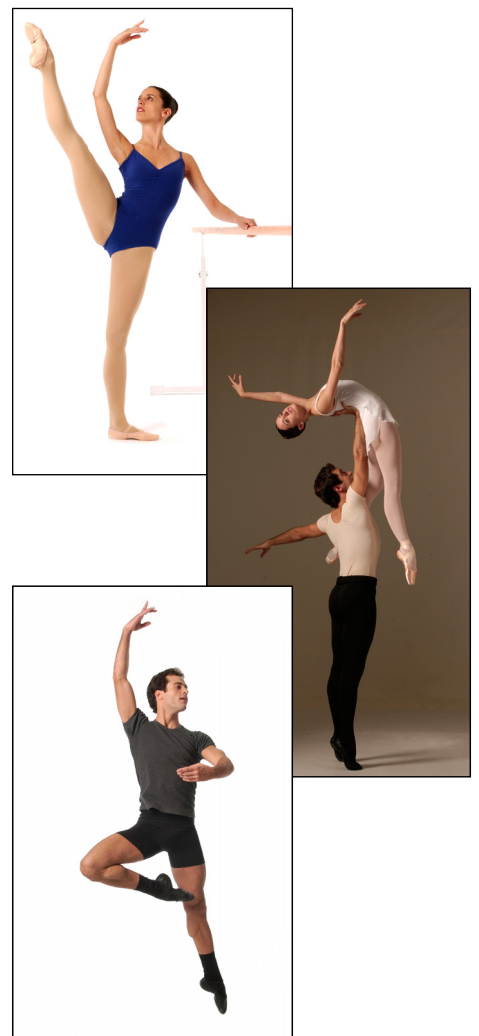
—Edward Villella, former Principal dancer, New York City Ballet and Founding Artistic Director, Miami City Ballet

“ *A superb reference book – every dancer’s library should have it.* ”

—Angel Corella, former Principal Dancer, American Ballet Theatre and Artistic Director, Barcelona Ballet

A ballet student’s ultimate reference, *The Ballet Companion* by Eliza Gaynor Minden is a comprehensive guide to the technique, training, artistry, and enjoyment of ballet.

Over 200 illustrations including lavish color photographs of steps and positons. Extensive sections on dancers’ health, ballet history, terminology, and must-see ballets. The perfect gift for teachers and students of all levels.







## DANCER'S DOZEN

Who better than the physical therapists at NYC Ballet when it comes to intelligent cross-training for dancers?

Thirteen dancer specific exercises that they devised to help you increase your strength and flexibility. Comes with two different exercise bands and a nifty, flip-card, illustrated instruction booklet – all in a pouch that fits perfectly in your dance bag.



## DANCER'S BACKPACK

We think it's the most thoughtfully designed dance bag you'll ever see.

Details dancers love with 21st century updates:

- Extra-wide cell phone pocket
- Ventilated compartment for shoes
- Truly spacious main compartment with separate access
- Outer zip pocket on top for small items
- Super-secure large outer zip and Velcro pocket
- Big, deep literature pocket on the back
- Comfortable padded straps

It's also the perfect airline carry-on – slides easily under the seat.

Color: Black with Grey or Pink logo  
Size: 17 <sup>3</sup>/<sub>4</sub>" x 12 <sup>1</sup>/<sub>4</sub>"





# MINIMINDEN

Who's the fresh-faced new kid in dancewear?  
It's Miniminden, but we don't look our age.  
Over 45 years of devotion to dance – the  
accumulated wisdom of our dancers, teachers,  
and advisors (and their mothers) – inform the  
design and construction of these products.

We dancers deserve the best, starting with the  
very first pli .



## NEW "JOY" SLIPPER

It's not just a foot; it's a dancer's foot. 26 bones, 33 joints, 107 ligaments, 19 muscles and tendons that deserve support, protection, and tender care.

- Impact absorbing midsoles cushion young bones still being formed.
- Stretch casing and elasticized panel enhance fit and accommodate sudden growth spurts.
- Side-open drawstring looks neater and feels better.
- Sturdy canvas uppers and suede leather split or full soles – reliably stitched – for comfort and durability.
- Elastic conveniently pre-sewn on one side; adjust the tightness and angle on the other.
- Slippers stay clean, and much easier to find, in their jolly pink shoe bag.
- Joy available in whole sizes 26-34 Eur. (Corresponds to US child sizes 9.5-4)  
Color: traditional peachy pink.

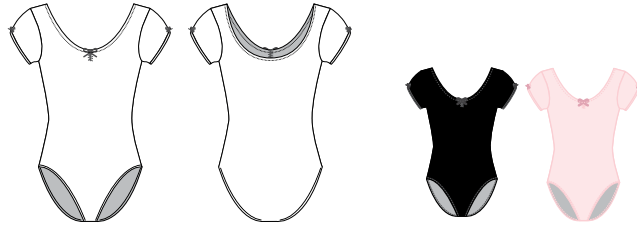




SWEET BOWS

It's impossible not to look just darling in this one. Adorable little bows gather the bell sleeves and the front.

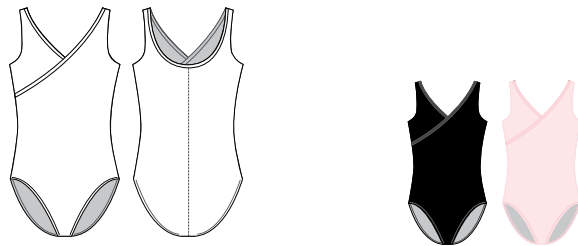
94% Cotton, 6% Spandex  
Sizes: XS, S, I, M, L  
Colors: Black-BLK, Light Pink-LPK



CLASSIC V-NECK

A bit of elegance on an everyday leotard. Classic lines, discreet but distinctive trim.

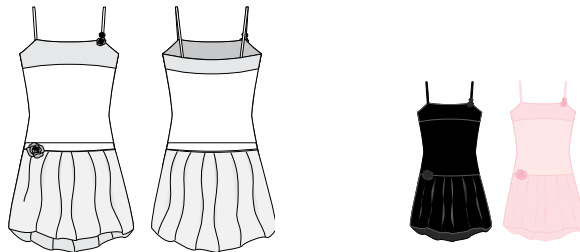
94% Cotton, 6% Spandex  
Sizes: XS, S, I, M, L  
Colors: Black-BLK, Light Pink-LPK



ROSETTE DRESS

An exceptional dance dress. Feminine and lovely. Stretch velvet top panel, velvet skirt and three rose ornaments.

94% Cotton, 6% Spandex (Velvet: 90% Polyester, 10% Spandex)  
Sizes: S, I, M, L  
Colors: Black-BLK, Light Pink-LPK





## MICROFIBER TIGHTS

The same soft, stretchy, super-comfortable material that makes our adult tights best sellers is now available to children. Crotch gusset. Soft-knit waistband. Convertible or footed.

Nylon/Spandex blend, 70 Den Microfiber  
Sizes: S, M, L

Convertible: Pink-PNK, Light Pink-LPK, Tan-TAN (M&L only),  
Black-BLK (M&L only)

Footed: Pink-PNK, Light Pink-LPK



## ROSETTE LEGWARMERS

The Rosette dress is too charming to be alone! Keep your little ballerina warm with matching Rosette legwarmers.

80% Acrylic, 20% Spandex  
Sizes: One Size  
Colors: Pink-PNK, Black-BLK



# Miniminden Size Charts

## SLIPPER SIZE CHART

EUR	US
26	9.5
27	10/10.5
28	11
29	11.5
30	12/12.5
31	13/13.5
32	1
33	2/3
34	3/4



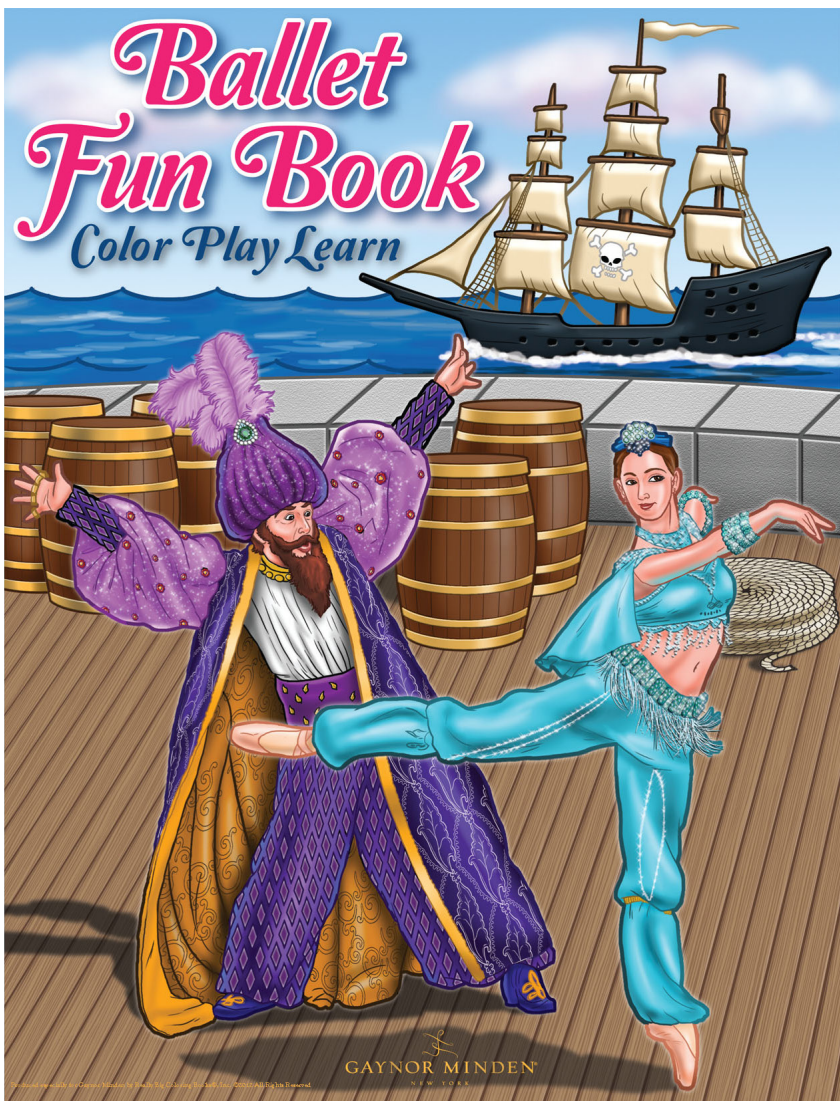
## TIGHTS SIZE CHART

SIZE	CHILD S	CHILD M	CHILD L
HEIGHT	32"–45"	40"–52"	50"–62"
WEIGHT	30–50 lbs.	45–70 lbs.	65–90 lbs.

## LEOTARD SIZE CHART

SIZE	X-SMALL	SMALL	INTERMEDIATE	MEDIUM	LARGE
BUST	20"–21"	21"–23"	23"–25"	25"–27"	27"–29"
WAIST	18"–19"	19"–21"	21"–22"	22"–23"	23"–25"
LOWER HIPS	21"–23"	23"–25"	25"–27"	27"–29"	29"–31"
GIRTH	32"–35"	36"–39"	40"–43"	44"–47"	48"–51"
SIZE	2–4	4–6	6x–7	8–10	10–12
HEIGHT	39"–43"	43"–47"	45"–50"	50"–55"	55"–58"





## NEW BALLET FUN BOOK

Introducing Miniminden's inspiring, engaging, educational, entertaining, kid-tested, parent-approved activity book.

Illustrations of scenes from the great ballets – based on gorgeous performance photos from all over the world and described in kid-friendly language – for coloring. Ballet-themed puzzles and games so children can use their dance knowledge and learn new things, too. All with plenty of room for young imaginations to soar.

And because rigorous product-testing applies to everything we make, the *Ballet Fun Book* was subjected to the steely-eyed scrutiny of actual Ballet Moms and the energetic crayons of their children before we put our name on it.

Nineteen coloring pages, plus abundant word searches and scrambles, crossword puzzles, connect-the-dots, spot-the-difference, Cinderella's maze, design your own tutu, and more.

8 1/2" x 11"; 28 pages



Check out the inside!

# FREE STUFF!



## GAYNOR MINDEN GUIDES

*Gaynor Minden Guides* explain the hows and whys of training: demystifying studio etiquette, defining (and pronouncing!) terminology, teaching the essentials of hairdos and sewing shoes – and more.

(We'll even tell you how to install a tiara!)

*Studio Etiquette*  
*Hairdo How-To*  
*Basic Positions of the Feet & Arms*  
*Orientations & Arabesques*  
*Ribbon & Elastic*



## GM ARTIST POSTERS & MAGNETS

Stunning images of our Gaynor Minden Artists – professional dancers who choose to wear our pointe shoes – in 12"x18" posters or 2"x3.5" magnets. Perfect for decorating dressing rooms, studios, bedrooms, or lockers.

Posters automatically come folded (easy shipping!). Want a flat version to frame? Just call and ask.

For an updated list of images, visit [www.dancer.com](http://www.dancer.com).



## STICKY SCREEN CLEANERS

Keep your phone as clean as your technique.

With a microfiber side for cleaning and a sticky gel back, these fun little decals stick to the back of your device so they're always handy when you need them!

Also great for tablets, computer monitors, cameras, and glasses.



# CONTACT US:



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New York, NY 10011

**Phone:** 800 637 9240 or 212 929 0087  
**Fax:** 212 929 4907

**Email:** [fitters@dancer.com](mailto:fitters@dancer.com)

**Website:** [www.dancer.com](http://www.dancer.com)

## EUROPEAN OFFICE

**Phone:** 44 01273 429 429  
**Fax:** 44 01273 429 420

## AUSTRALIAN OFFICE

**Phone:** 0428 500 424

# Gaynor Minden Artists



**Svetlana Zakharova**  
Principal Dancer  
The Bolshoi Ballet

*For me, the most important things about dance are my emotions and my technique. The audience must never see the work behind the dance— just the dance itself. That is why I choose Gaynor Minden: to be confident and free!*

*What makes this art form truly magical is something beyond technique. Gaynor Mindens give me the added confidence to reach this next level. I go onstage ready to completely enjoy the movement and the moment!*



**Jurgita Dronina**  
Principal Dancer  
Dutch National Ballet

*I always wear Gaynor Minden pointe shoes when I dance, because with Gaynor Mindens it feels like I'm not wearing any shoes at all. It becomes an extension of my being and reacts to every movement I make. With Gaynor Minden, I'm dancing in harmony from head to toe.*

*I wear them for everything. Most important is that Gaynor Minden shoes make my feet more pliable and expressive – alive and speaking.*

Meet more Artists on our website:  
[www.dancer.com/profiles.php](http://www.dancer.com/profiles.php)



**Gillian Murphy**  
Principal Dancer  
American Ballet Theatre



**Yekaterina Kondourova**  
Principal Dancer  
The Mariinsky (Kirov) Ballet

Photos: All are by Eduardo Patino except: Michaela De Prince by Ximena Brunette; Eliza & John Minden by Jeanne Strongin; Miniminden photos by Erika Rojas and Nina Wurtzel; Ekaterina Kondourova by Neff; Ekaterina Shipulina by Alexandra; Svetlana Zakharova by Enrico Nawrath; Jurgita Dronina by Serguei Endinian; Product shots by Paul B. Goode and Elena Miranda. ©2014, Gaynor Minden Inc.