

## Dynamic Alignment Through Imagery

Dynamic Alignment Through ImageryDynamic Alignment Through ImageryDynamic Alignment Through ImageryDance Imagery for Technique and Performance, Second EditionDance Imagery for Technique and PerformanceMotor Learning and Control for DanceExperiencing DanceGrow Younger DailyJournal of Physical Education, Recreation & DanceMedical Problems of Performing ArtistsIndex to Dance Periodicals 1998Conditioning for DancersThe Erick Hawkins Modern Dance TechniqueDance Research JournalImproving Postural Alignment in Children Through Imagery and Creative DramaticsInfrared Imagery of Shuttle (IRIS) Experiment: IRIS/STS-3 Engineering ReportBibliographic Guide to PsychologyAlgorithms for Multispectral, Hyperspectral, and Ultraspectral ImageryBrain-compatible Dance EducationBreathing, Movement, Exploration Eric Franklin Eric N. Franklin Eric Franklin Eric N. Franklin Eric Franklin Donna Krasnow Marty Sprague Eric Franklin Nyp1 Dance Collection Tom Welsh Renata Celichowska Ronald M. Feuerberg New York Public Library. Research Libraries Anne Green Gilbert Barbara Sellers-Young

Dynamic Alignment Through Imagery Dynamic Alignment Through Imagery Dynamic Alignment Through Imagery Dance Imagery for Technique and Performance, Second Edition Dance Imagery for Technique and Performance Motor Learning and Control for Dance Experiencing Dance Grow Younger Daily Journal of Physical Education, Recreation & Dance Medical Problems of Performing Artists Index to Dance Periodicals 1998 Conditioning for Dancers The Erick Hawkins Modern Dance Technique Dance Research Journal Improving Postural Alignment in Children Through Imagery and Creative Dramatics Infrared Imagery of Shuttle (IRIS) Experiment: IRIS/STS-3 Engineering Report Bibliographic Guide to Psychology Algorithms for Multispectral, Hyperspectral, and Ultraspectral Imagery Brain-compatible Dance Education Breathing, Movement, Exploration *Eric Franklin Eric N. Franklin Eric Franklin Eric N. Franklin Eric Franklin Donna Krasnow Marty Sprague Eric Franklin Nyp1 Dance Collection Tom Welsh Renata Celichowska Ronald M.*

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dynamic alignment through imagery second edition expands on the classic text and reference written by eric franklin an internationally renowned teacher dancer and choreographer who has been sharing his imagery techniques for 25 years in this new edition franklin shows you how to use imagery touch and movement exercises to improve your coordination and alignment these exercises will also help you relieve tension enhance the health of your spine and back and prevent back injury this expanded new edition includes more than 600 imagery exercises along with nearly 500 illustrations to help you visualize the exercises and use them in various contexts audio files for dynamic imagery exercises set to music and posted online to the book s product page and updated chapters throughout the book including new material on integrated dynamic alignment exercises and dynamic alignment and imagery this book will help you discover your natural flexibility and quickly increase your power to move you ll learn elements of body design you ll explore how to use imagery to improve your confidence and you ll discover imagery conditioning programs that will lead you toward better alignment safer movement increased fitness and greater joy further you ll examine how to apply this understanding to your discipline or training to improve your performance dynamic alignment through imagery second edition will help you experience the biomechanical and anatomical principles that are crucial to dancers other performing artists yoga and pilates teachers and practitioners and athletes the techniques and exercises presented in the book will guide you in improving your posture and they will positively affect your thoughts and attitude about yourself and others and help you feel and move better both mentally and physically

franklin shows readers how to use imaging techniques to improve posture and alignment and to release excess tension the illustrations help explain the images and exercises and show how to use them in a variety of contexts

eric franklin s classic reference is back in a new full color edition complete with new material and exercises for instructors to use with their dancers other performing artists athletes and classes in dynamic alignment through imagery third edition franklin an

internationally renowned teacher dancer and choreographer who has been sharing his imagery techniques for more than 35 years teaches the use of imagery to increase self awareness improve body image and apply anatomical and biomechanical principles for more efficient movement this expanded new edition includes more than 600 anatomical imagery exercises to improve posture and body alignment release excess tension and prevent injuries over 500 full color illustrations to help readers visualize the exercises and use them in various contexts four audio files containing guided imagery exercises led by franklin and set to music and updated chapters throughout the book including new material and exercises to address fasciae and connective tissue the pictures and the words in your mind influence the feelings in your body which in turn feed your thoughts and mental pictures franklin says to create powerful and dynamic alignment you need to fertilize your mind and body with constructive information and weed out destructive thoughts this book will help readers do just that as they discover their natural flexibility and increase their power to move franklin expertly guides readers through foundational concepts of posture dynamic alignment and imagery explores different types of imagery and guidelines for using them and delves into biomechanical and anatomical principles including the body's center and gravity the laws of motion and force systems and joint and muscle function he then provides exercises for anatomical imagery covering every area of the body from head to toe the book closes with two critical chapters on defining dynamic alignment and on integrating dynamic alignment exercises into workouts and programs dynamic alignment through imagery third edition will help readers experience the biomechanical and anatomical principles that are crucial to athletes dancers other performing artists and yoga and pilates practitioners the techniques and exercises presented in the book will guide readers in improving their posture and will positively affect their thoughts and attitudes about themselves and others and help them feel better both mentally and physically earn continuing education credits units a continuing education exam that uses this book is also available it may be purchased separately or as part of a package that includes both the book and exam

franklin provides 583 imagery exercises to improve dance technique artistic expression and performance more than 160 illustrations highlight the images and the exercises can be put to use in dance movement and choreography

renowned master teacher eric franklin has thoroughly updated his classic text dance imagery for technique and performance providing dancers and dance educators with a deep understanding of how they can use imagery to improve their dancing and artistic expression in class and in performance these features are new to this edition two chapters include background history theory and uses of imagery 294 exercises offer dancers and dance educators greater opportunities to experience how imagery can enhance technique and performance 133 illustrations facilitate the use of imagery to improve technique artistic expression and performance four exercises taught by franklin and available on hk s website help dancers with essential rest and relaxation techniques franklin provides hundreds of imagery exercises to refine improvisation technique and choreography the 295 illustrations cover the major topics in the book showing exercises to use in technique artistic expression and performance in addition franklin supplies imagery exercises that can restore and regenerate the body through massage touch and stretching and he offers guidance in using imagery to convey information about a dancer s steps and to clarify the intent and content of movement this new edition of dance imagery for technique and performance can be used with franklin s dynamic alignment through imagery second edition or on its own either way readers will learn how to combine technical expertise with imagery skills to enrich their performance and they will discover methods they can use to explore how imagery connects with dance improvisation and technique dance imagery for technique and performance uses improvisation exercises to help readers investigate new inner landscapes to create and communicate various movement qualities provides guidelines for applying imagery in the dance class and helps dancers expand their repertoire of expressiveness in technique and performance across ballet modern and contemporary dance this expanded edition of dance imagery for technique and performance supplies imagery tools for enhancing or preparing for performance and it introduces the importance of imagery in dancing and teaching dance franklin s method of using imagery in dance is displayed throughout this lavishly illustrated book and the research from scientific and dance literature that supports franklin s method is detailed the text exercises and illustrations make this book a practical resource for dancers and dance educators alike

as dance training evolves and becomes more complex knowledge of motor behavior is foundational in helping dancers learn and master new skills and become more efficient in integrating the skills motor learning and control for dance is the first resource to address motor learning theory from a dance perspective educators and students preparing to teach will learn practical ways to connect the science behind dance to pedagogy in order to prepare dancers for performance dancers interested in performance from the recreational to professional levels will learn ways to enhance their technical and artistic progress in language accessible even to those with no science background motor learning and control for dance showcases principles and practices for students artists and teachers the text offers a perspective on movement education not found in traditional dance training while adding to a palette of tools and strategies for improving dance instruction and performance aspiring dancers and instructors will explore how to develop motor skills how to control movement on all levels and most important how motor skills are best taught and learned the authors noted experts on motor learning and motor control in the dance world explore these features that appeal to students and instructors alike dance specific photos examples and figures illustrate how to solve common problems various dance genres the 16 chapters prepare dance educators to teach dancers of all ages and abilities and support the development of dance artists and students in training and performance an extensive bibliography of sports and dance science literature allows teachers and performers to do their own research a glossary with a list of key terms at the back of the book part i presents an overview of motor behavior covering motor development from birth to early adulthood it provides the essential information for teaching posture control and balance the locomotor skills underlying a range of complex dance skills and the ballistic skills that are difficult to teach and learn such as grand battement and movements in street dance part ii explores motor control and how movement is planned initiated and executed readers will learn how the nervous system organizes the coordination of movement the effects of anxiety and states of arousal on dance performance how to integrate the senses into movement and how speed and accuracy interact part iii investigates methods of motor learning for dancers of all ages readers will explore how to implement a variety of instructional strategies determine the best approaches for learning dance skills and motivate and inspire dancers this section also discusses how various methods of practice can help or hinder dancers strategies for improving the recall of dance skills and

sequences and how to embrace somatic practice and its contribution to understanding imagery and motor learning motor learning and control for dance addresses many related topics that are important to the discipline such as imagery and improvisation this book will help performers and teachers blend science with pedagogy to meet the challenge of artistry and technique in preparing for dance performance

experiencing dance from student to dance artist third edition is geared toward students in dance ii iii and iv classes it places teachers in the role of facilitator and opens up a world of creativity and analytical thinking as students explore dance as an art form

grow younger daily an insider s guide to the life changing use of imagery the phrase mind over matter takes on new significance when linked to research into the undeniable connection between imagery and physical and mental health in other words if you can imagine it you can become it athletes dancers and fitness experts have used sophisticated mental imagery to enhance their performance and now you can too the franklin method developed by author eric franklin combines movement and dynamic neurocognitive imagery dni to harness the transforming power of the mind to move efficiently and keep the physical body young and energized with the power to change the body from the inside out imagery can influence and rejuvenate everything from individual cells to the immune system and organs showing that remaining young is largely a question of attitude grow younger daily provides a roadmap to creating lasting positive physical and mental changes by describing how to harness the plasticity and transformative power of the mind thanks to the author s decades of firsthand experience and practice acknowledging the power of change is the first step to a younger healthier you

this book empowers conscientious dancer athletes to take an active role in directing their own training and development the author s clear straightforward explanations of important concepts in conditioning home in on the physical capabilities that are key to success not only for dancers but for others whom strength and flexibility precise alignment and movement efficiency are high

priorities book cover

the hawkins dance technique embodies the philosophy that dance should integrate the body mind and soul while always following scientific principles this system of dance training an approach that continues to influence dancers around the world is examined through a variety of illustrations photographs of dancers illustrate the technique in action drawings demonstrate the relationship between movements of the body and everyday objects such as the similarities between a spiral action of the spine and a barber s pole or winding staircase this vibrant text examines hawkins s originality philosophical thinking and teaching methods

this classic must have is nda s most popular publication includes locomotor nonlocomotor movement assessment and interdisciplinary topics

barbara sellers young has written a simple step by step structure that enables the reader to learn the concepts of laban and stanislavsky while exploring eastern concepts of breath and energy

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## Introduction

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