

Read **Dynamic Alignment Through Imagery [PDF]** by Eric Franklin

Details:

Author: *Eric Franklin*

Format: *448 pages*

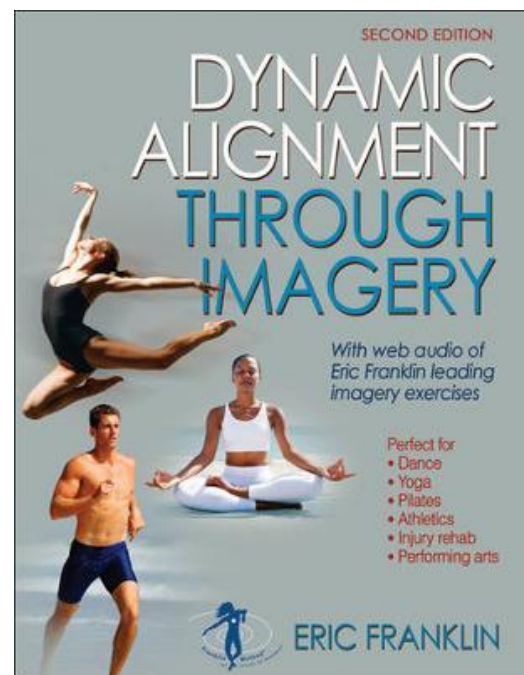
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Release location: *Champaign, United States*

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Plot:

"Dynamic Alignment Through Imagery, Second Edition", shows how to use imagery, touch and movement exercises to improve co-ordination and alignment. These exercises also help relieve tension, enhance the health of the spine and back and prevent back injury. This expanded new edition contains more than 600 imagery exercises along with nearly 500 illustrations to help visualize the exercises and use them in various contexts. "Dynamic Alignment Through Imagery" enables readers to 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 act as a guide to improving posture and will have a positive affect on thoughts and attitude about oneself and others. You can discover flexibility and increase the power to move.

Recommendations:

About Eric Franklin

Eric Franklin is director and founder of the Franklin Institute in Uster, Switzerland. He has more than 35 years' experience as a dancer and choreographer, and he has shared imagery techniques in his teaching since 1986. Franklin has taught extensively throughout the United States and Europe at the Julliard School in New York, the Royal Ballet School in London, the Danish Ballet in Copenhagen, the Dance Academy of Rome and the Institute for Psychomotor Therapy in Zurich.

Table of contents

Chapter 1. The Roots of Imagery for Alignment; Chapter 3. Body-Mind Interactions; Chapter 5. Imagery Categorization; Chapter 7. Location and Direction in the Body; Chapter 9. The Laws of Motion and Force Systems; Chapter 11. The Pelvis, Hip Joint, and Company; Chapter 13. The Spine.