

Human Movement Potential Its Ideokinetic Facilitation

Human Movement Potential Dynamic Alignment Through Imagery Dynamic Alignment Through Imagery Improvised Dance The SAGE Encyclopedia of Theory in Psychology Kinesiology Contact Quarterly Books in Print Supplement Varney's Midwifery Mechanics for Gymnastics Coaching Sharing the Dance Dance Journal of Human Movement Studies Body & Self Dance/movement Therapy Mind and Body Ten Lectures on Theories of the Dance Muscular Analysis of Everyday Activities Techniques and Training for Staged Fighting Journal of Mental Imagery Lulu E. Sweigard Eric Franklin Eric N. Franklin Nalina Wait Harold L. Miller, Jr. John Miller Cooper Helen Varney Myke Gluck Cynthia J. Novack Sandra Cerny Minton Fran J. Levy Seymour Kleinman Drid Williams Elaine L. Bukowski James D. Strider

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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 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

this book elucidates the technical aspects of improvised dance performance and reframes the notion of labour in the practice from one that is either based on compositionally formal logic or a mysterious impulse to one that addresses the in corporeal dimensions of practice mobilising the languages and conceptual frameworks of theories of affect embodied cognition somatics and dance this book illustrates the work of specialist improvisers who occupy divergent positions within the complex field of improvised dance it offers an alternative narrative of the history and current practice of western improvised dance centred on the epistemology of its in corporeal knowledges which are elusive yet

vital to the refinement of expertise written for both a disciplinary specific and interdisciplinary audience this book will interest dance scholars students and practising artists

drawing together a team of international scholars the sage encyclopedia of theory in psychology examines the contemporary landscape of all the key theories and theorists presenting them in the context needed to understand their strengths and weaknesses key features include approximately 300 signed entries fill two volumes entries are followed by cross references and further readings a reader s guide in the front matter groups entries thematically a detailed index and the cross references provide for effective search and browse in the electronic version back matter includes a chronology of theory within the field of psychology a master bibliography and an annotated resource guide to classic books in this field journals associations and their websites the sage encyclopedia of theory in psychology is an exceptional and scholarly source for researching the theory of psychology making it a must have reference for all academic libraries

a vehicle for moving ideas

kunstturnen biomechanik training

in sharing the dance cynthia novack considers the development of contact improvisation within its web of historical social and cultural contexts this book examines the ways contact improvisers and their surrounding communities encode sexuality spontaneity and gender roles as well as concepts of the self and society in their dancing while focusing on the changing practice of contact improvisation through two decades of social transformation novack s work incorporates the history of rock dancing and disco the modern and experimental dance movements of merce cunningham anna halprin and judson church among others and a variety of other physical activities such as martial arts aerobics and wrestling

with this book readers will learn how to move more gracefully exercise without injury detect habitual movement patterns and create more imaginative movements the author urges readers to look at their bodies from a new perspective and to connect the dynamics of the body with the mind

this book examines the field of dance therapy from its inception in the 1940 s to the present a detailed analysis is conducted of the theory and practice of the major pioneers

the book covers biographical reports and the influence of many dance therapy leaders laban movement analysis Ima is discussed as well as dance therapy in specific patient client settings appended are 1 listing of survey repondents 2 information on the american dance therapy association and 3 the dance therapy questionnaire a 34 page bibliography is included

we like to think that stereotypes about the dance dancers and dancing are not as prevalent as they were in the 19th century but is this true theories of the dance unlike sport signing martial arts and rituals are trivialized and vitiated by an astonishing number of outdated ideas this book aims to clear some of the intellectual underbrush that tends to accumulate in neglected fields of academic study and it will be especially useful to people who are interested in the anthropology of the dance and human movement

muscular analysis of everyday activities is designed to facilitate objective analysis of the performance of daily living this excellent text provides step by step methods to break down activities into their component parts allowing for easier interpretation and analysis of the activity as each step is presented examples are given that provides the reader with a model to follow as the reader begins to analyze other activities of daily living these handy step by step procedures include methods of capturing the subject s motions ways of determining goniometric measurements ways for determining the best location for body markers and ways for determining the muscular activity involved each chapter concludes with a section on clinical application and discussion questions photographs also give students clinicians a visual reference for understanding and interpreting each activity analyzed

this study offers practical suggestions for training actor combatants in a university environment guidelines for teaching staged fighting are based on the author s first hand experience in both performance and education at the college level the study also examines the ethics of staging violence in light of modern sociological studies

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