

Dynamic Alignment Through Imagery

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Eric N. Franklin
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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

includes supplements

could the allies have prevented the deaths of tens of thousands of holocaust victims inspired by a conference held to mark the opening of the us holocaust memorial museum this book brings together the key contributions to this debate

written by best selling author and dreamweaver guru joe lowery this latest edition of the bestseller features 100 percent of what readers need to know to master the world s hottest development application this in depth book covers the latest technologies such as xml and smil shows how to add active content to your pages through dreamweaver s automation and database features and details the use of javascript behaviors using the javascript library support includes a cd rom with hundreds of useful dreamweaver extensions and a library of javascript behaviors plus trial versions of dreamweaver 4 flash 5 fireworks 4 and more covering all of dreamweaver 4 s new features this definitive reference is the one stop solution for everyone from the novice to the professional developer

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