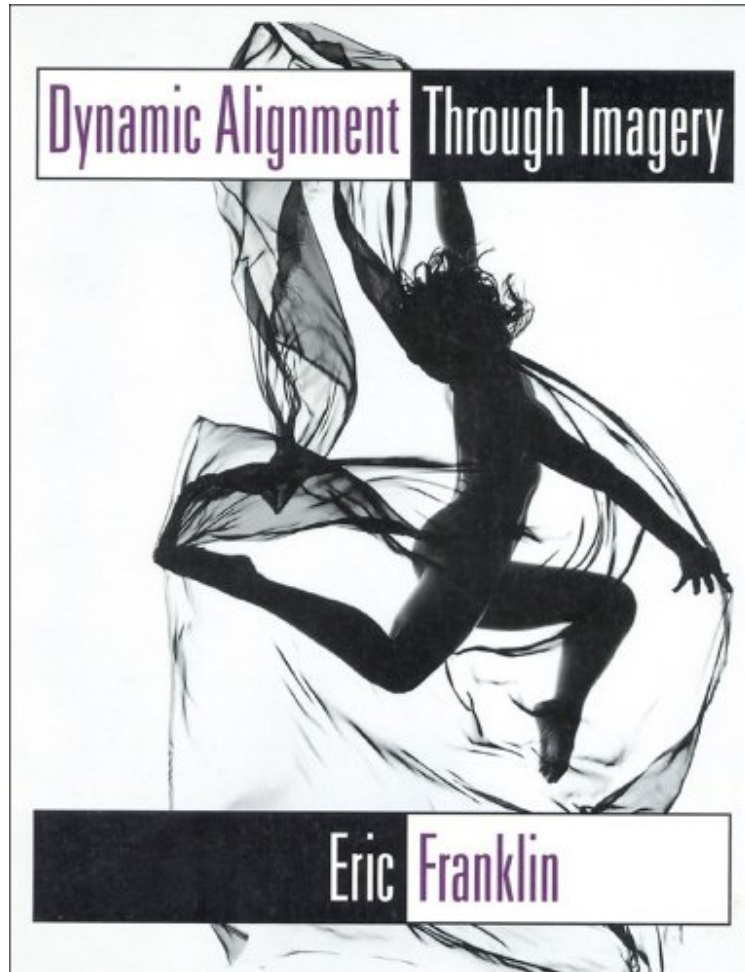


[Library ebook] Dynamic Alignment Through Imagery

## Dynamic Alignment Through Imagery

*Eric Franklin*

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**Eric Franklin : Dynamic Alignment Through Imagery** before purchasing it in order to gage whether or not it would be worth my time, and all praised Dynamic Alignment Through Imagery:

30 of 31 people found the following review helpful. SolVed many alignment problemsBy RichardDance is my hobby and I am not in medicine, yet this book is still understandable. The book has the feel of something written for physical/occupational therapists to get new imagery from. My own use of this book is providing breakthroughs for me and solving some nagging alignment problems that experienced instructors could not really fix. My appearance, stamina, and comfort in dance and life have improved in the two months I have owned ths book.16 of 17 people found the following review helpful. Amazing body informationBy howgalMany years ago I got my BFA in Modern Dance. If only we had this as our book for the year long class in kinesiology! There is such depth of understanding of how we move and how to connect the mind and the body to go WAY beyond what you thought was possible. I wonder if this had been my introduction to kinesiology way back when - perhaps I would still be dancing today. I find it invaluable

to teaching Pilates and Yoga today. When you get it, you have to sit with some paragraphs and let it sink in. Then read it many more times to see how it is interwoven. No superfluous words, no junk thrown in. It all is purposeful. Beautifully done. 6 of 6 people found the following review helpful. and though this is pretty technical stuff By EkatI'm a visual person, and though this is pretty technical stuff, it is helping me to "speak with" my own body and help re-align myself. I really appreciate his information, but would like even more pictures!

Destined to become a classic text and reference, *Dynamic Alignment Through Imagery* shows you how to use imaging techniques to improve posture and alignment and release excess tension. The book's 195 illustrations will help you visualize the images and exercises and show you how to use them in a variety of contexts. Part I of *Dynamic Alignment Through Imagery* discusses the origins and uses of imagery and includes 36 exercises that demonstrate dynamic alignment in practice. You'll explore the importance of posture and dynamic alignment and discover how to use imagery to affect body movement. Part II explains the biomechanical and anatomical principles behind complex imagery and illustrates 52 exercises to bring these principles to life. You'll learn how to use basic physics to create a strong yet fluid balance in your muscles and joints. Part III provides 250 anatomical imagery exercises to help you fine-tune alignments and increase body awareness. The exercises focus on different regions of the body--the pelvis, hips, knees, lower legs, spine, shoulders, arms, hands, head, and neck--as well as on breathing. You can select specific images to address individual needs or follow the sequence presented in the book. And Part IV provides 23 holistic exercises to sculpt and improve alignment in various positions--standing, supine, and sitting. These exercises will help you establish a body image that facilitates dynamic alignment and releases excess tension. By practicing the techniques described in *Dynamic Alignment Through Imagery*, you'll tap into the power of imagery and create better movement.

""""The use of imagery to improve human alignment and movement has been practiced by relatively few adherents, most of them professionals. Now, with Eric Franklin's book *Dynamic Alignment Through Imagery*, the technique of using imagery is made clear for the general public as well for professionals. Franklin is to be commended for bringing this important work to a wider audience.""" Andre Bernard Adjunct Assistant Professor Dance Education New York University """"This is a charming and humorous synthesis of ideas contained in the writings of Mabel Todd, Lulu Sweigard, Barbara Clark, and their students.""" Irene Dowd Faculty, The Juilliard School Guest Faculty, The National Ballet School of Canada """"The main purpose of body alignment in dance is to create efficient control of movement. Eric Franklin's book *Dynamic Alignment Through Imagery* equips readers with the basic knowledge and exercises to achieve a clear and useful alignment.""" Zvi Gotheiner Choreographer and Teacher, New York City " "The use of imagery to improve human alignment and movement has been practiced by relatively few adherents, most of them professionals. Now, with Eric Franklin's book *Dynamic Alignment Through Imagery*, the technique of using imagery is made clear for the general public as well for professionals. Franklin is to be commended for bringing this important work to a wider audience." Andre Bernard Adjunct Assistant Professor Dance Education New York University "This is a charming and humorous synthesis of ideas contained in the writings of Mabel Todd, Lulu Sweigard, Barbara Clark, and their students." Irene Dowd Faculty, The Juilliard School Guest Faculty, The National Ballet School of Canada "The main purpose of body alignment in dance is to create efficient control of movement. Eric Franklin's book *Dynamic Alignment Through Imagery* equips readers with the basic knowledge and exercises to achieve a clear and useful alignment." Zvi Gotheiner Choreographer and Teacher, New York City About the Author Eric Franklin has more than 20 years' experience as a dancer and choreographer. In addition to earning a BFA from New York University's Tisch School of the Arts and a BS from the University of Zurich, he has studied and trained with some of the top movement imagery specialists around the world and used this training as a professional dancer in New York. Franklin has shared imaging techniques in his teaching since 1986. He is founder and director of the Institute for Movement Imagery Education in Lucerne, Switzerland, and professor of postgraduate studies at the Institute for Psychomotor Therapy in Zurich, Switzerland. He is a guest professor at the University of Vienna (Musikhochschule) and has been on the faculty of the American Dance Festival since 1991. Franklin teaches at universities, dance centers, and dance festivals in the United States and throughout Europe. Franklin is coauthor of the bestselling book *Breakdance*, which received a New York City Public Library Prize in 1984, and author of *100 Ideen fr Beweglichkeit* and *Dance Imagery for Technique and Performance* (both books about imagery in dance and movement). He is a member of the International Association of Dance Medicine and Science. Franklin lives near Zurich, Switzerland, with his wife, Gabriela, and their two children.