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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.

Dynamic alignment through imagery second edition shows how to use imagery touch and movement exercises to improve coordination 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

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. With dynamic alignment through imagery you will explore the importance of posture and dynamic alignment learn how to use imagery to affect body movement gain an understanding of the biomechanical and anatomical principles behind imagery discover how to use basic physics to create a strong yet fluid balance in your muscles and joints practice 315 anatomical imagery exercises to help you fine. 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.

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The second edition of dynamic alignment through imagery gives you the opportunity to listen to four audio recordings of imagery processes author eric franklin created these recordings to help increase the understanding of how imagery is used effectively and assist in embodying dynamic alignment following are the names of the recordings their approximate run times and brief descriptions.

Description of the book dynamic alignment through imagery dynamic alignment through imagery second edition shows how to use imagery touch and movement exercises to improve coordination and alignment these exercises also help relieve tension enhance the health of the spine and back and prevent back injury

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Dynamic alignment through imagery second edition presents nearly 500 illustrated exercises including numerous exercises that are set to music and available on the book's product page to help you understand and achieve proper posture and alignment and release excess stress this new edition includes over 600 illustrations of anatomical imagery and updated chapters with the latest

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