

THIRD EDITION

# Dynamic Alignment Through Imagery



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# Dynamic Alignment Through Imagery

**Ying-Ying Zheng**



## **Dynamic Alignment Through Imagery:**

Dynamic Alignment Through Imagery Eric N. Franklin, 2012 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

**Dynamic Alignment Through Imagery** Eric Franklin, 2022-10-27 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

*Dance Imagery for Technique and Performance* Eric Franklin, 2013-09-30 Renowned master teacher Eric Franklin has thoroughly updated his classic text *Dance Imagery for Technique and Performance* providing dancers and dance educators with a deep understanding of how they can use imagery to improve their dancing and artistic expression in class and in performance These features are new to this edition Two chapters include background history theory and uses of imagery 294 exercises

offer dancers and dance educators greater opportunities to experience how imagery can enhance technique and performance 133 illustrations facilitate the use of imagery to improve technique artistic expression and performance Four exercises taught by Franklin and available on HK s website help dancers with essential rest and relaxation techniques Franklin provides hundreds of imagery exercises to refine improvisation technique and choreography The 295 illustrations cover the major topics in the book showing exercises to use in technique artistic expression and performance In addition Franklin supplies imagery exercises that can restore and regenerate the body through massage touch and stretching And he offers guidance in using imagery to convey information about a dancer s steps and to clarify the intent and content of movement 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 *Dance Imagery for Technique and Performance* uses improvisation exercises to help readers investigate new inner landscapes to create and communicate various movement qualities provides guidelines for applying imagery in the dance class and helps dancers expand their repertoire of expressiveness in technique and performance across ballet modern and contemporary dance This expanded edition of *Dance Imagery for Technique and Performance* supplies imagery tools for enhancing or preparing for performance and it introduces the importance of imagery in dancing and teaching dance Franklin s method of using imagery in dance is displayed throughout this lavishly illustrated book and the research from scientific and dance literature that supports Franklin s method is detailed The text exercises and illustrations make this book a practical resource for dancers and dance educators alike [Dance Imagery for Technique and Performance, Second Edition](#) Eric N. Franklin, 2013-09-30 Franklin provides 583 imagery exercises to improve dance technique artistic expression and performance More than 160 illustrations highlight the images and the exercises can be put to use in dance movement and choreography *Motor Learning and Control for Dance* Krasnow, Donna, Wilmerding, Mary Virginia, 2015-05-29 *Motor Learning and Control for Dance* is the first textbook to blend dance science somatic practices and pedagogy and address motor learning theory from a dance perspective It focuses on motor development motor control and motor learning while showcasing principles and practices for students and teachers [Index to Dance Periodicals 1998](#) Nypl Dance Collection, 1999-08 **Medical Problems of Performing Artists** , 2001 **Conditioning for Dancers** Tom Welsh, 2009 This book empowers conscientious dancer athletes to take an active role in directing their own training and development The author s clear straightforward explanations of important concepts in conditioning home in on the physical capabilities that are key to success not only for dancers but for others whom strength and flexibility precise alignment and movement efficiency are high priorities book cover **Brain-compatible Dance Education** Anne Green Gilbert, 2006 This classic must have is NDA s most popular publication Includes locomotor nonlocomotor movement assessment and interdisciplinary

topics The Erick Hawkins Modern Dance Technique Renata Celichowska,2000 The Hawkins dance technique embodies the philosophy that dance should integrate the body mind and soul while always following scientific principles This system of dance training an approach that continues to influence dancers around the world is examined through a variety of illustrations Photographs of dancers illustrate the technique in action Drawings demonstrate the relationship between movements of the body and everyday objects such as the similarities between a spiral action of the spine and a barber s pole or winding staircase This vibrant text examines Hawkins s originality philosophical thinking and teaching methods

**Teaching Dance Skills** Marliese Kimmerle,Paulette Côté-Laurence,2003 Teaching Dance Skills integrates the principles of motor learning and development with dance teaching strategies in order to optimize the learning environment for children adolescents and adults ranging in skill from novice to experienced dancers In 12 chapters the book presents a blueprint for optimal individualized dance teaching leading to optimized learning Specific topics addressed are selecting and organizing the dance material how to select the most appropriate instructional methods and the role of various modes of demonstration as well as the type of feedback most appropriate for students age skill and developmental levels Grow Younger Daily Eric Franklin,2017-04-28 Grow Younger Daily An Insider s Guide to the Life Changing Use of Imagery The phrase Mind over matter takes on new significance when linked to research into the undeniable connection between imagery and physical and mental health In other words if you can imagine it you can become it Athletes dancers and fitness experts have used sophisticated mental imagery to enhance their performance and now you can too The Franklin Method developed by author Eric Franklin combines movement and Dynamic Neurocognitive Imagery DNI to harness the transforming power of the mind to move efficiently and keep the physical body young and energized With the power to change the body from the inside out imagery can influence and rejuvenate everything from individual cells to the immune system and organs showing that remaining young is largely a question of attitude Grow Younger Daily provides a roadmap to creating lasting positive physical and mental changes by describing how to harness the plasticity and transformative power of the mind thanks to the author s decades of firsthand experience and practice Acknowledging the power of change is the first step to a younger healthier you

Forthcoming Books Rose Army,1996-06 **Bibliographic Guide to Psychology** New York Public Library. Research Libraries,1997 **Breathing, Movement, Exploration** Barbara Sellers-Young,2001-09 Barbara Sellers Young has written a simple step by step structure that enables the reader to learn the concepts of Laban and Stanislavsky while exploring eastern concepts of breath and energy **Rhythmic Subjects** Dee Reynolds,2007 Mary Wigman Martha Graham Merce Cunningham are key choreographers of the 20th 21st centuries whose rhythmic innovations challenge established norms of energy usage in their socio cultural contexts enabling their contemporaries to engage differently with dominant economies of energy *Introduction to Dance* Juanita Suarez,2006 *Teen Guide to Getting Started in the Arts* Carol Ritzenthaler,2001-11-30 Teens interested in preparing for a career in the arts will find this introductory resource invaluable

as it is the first book to guide them long before they apply to college or seek a position in their field Whether they would like to become actors or filmmakers artists architects dancers musicians or singers photographers or writers this book will show them how to do so For each of the arts an overview of the career training and a discussion of related careers is provided along with lists of books web sites and organizations for further information Sections directed to parents and teachers of the teens with advice on how to support and encourage teens in their careers are also included Teens wanting to gain an edge in their craft by practicing and preparing early will find a wealth of information advice from experts in each field provide an inside look on what skills are necessary for the twenty first century Suggestions for building discipline are provided such as keeping a writing or sketching journal and finding the proper trainers in music dance and acting Contests and other opportunities that teens can submit work to or apply for auditions are provided along with an extensive list of books trade journals Web sites and professional and non professional organizations Using the resources in this book will ensure teens are experienced and well prepared in their art form when they apply to college or other professional training and seek positions in their field

Learning about Dance Nora Ambrosio,1999     *Attitudes & Arabesques* ,1997

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