

THIRD EDITION

# Dynamic Alignment Through Imagery



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# Dynamic Alignment Through Imagery 2nd Edition

**Eric Franklin**



## **Dynamic Alignment Through Imagery 2nd Edition:**

**Dynamic Alignment Through Imagery** Eric Franklin, 2012-01-31 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 Conditioning for Dance

2nd Edition Franklin, Eric, 2018-10-21 Eric Franklin's first edition of Conditioning for Dance was a bestseller and it is back and better than ever offering state of the art conditioning exercises for dancers An internationally renowned master teacher Franklin has developed a science based method of conditioning that is taught and practiced in companies and schools around the world In this new edition of Conditioning for Dance he integrates the latest scientific research on strength flexibility and conditioning into his dance exercises **Creative Dance for All Ages 2nd Edition** Gilbert, Anne Green, 2015-01-28 This

second edition of the classic text directs dance teachers through what they need to know to teach creative dance from pre K through adult levels in a variety of settings It includes a sequential curriculum lesson plans editable forms and teacher strategies created by master teacher Anne Green Gilbert *Motor Learning and Control for Dance* Donna Krasnow, Mary Virginia Wilmerding, 2015-06-22 As dance training evolves and becomes more complex knowledge of motor behavior is foundational in helping dancers learn and master new skills and become more efficient in integrating the skills Motor Learning and Control for Dance is the first resource to address motor learning theory from a dance perspective Educators and students preparing to teach will learn practical ways to connect the science behind dance to pedagogy in order to prepare dancers for performance Dancers interested in performance from the recreational to professional levels will learn

ways to enhance their technical and artistic progress In language accessible even to those with no science background Motor Learning and Control for Dance showcases principles and practices for students artists and teachers The text offers a perspective on movement education not found in traditional dance training while adding to a palette of tools and strategies for improving dance instruction and performance Aspiring dancers and instructors will explore how to develop motor skills how to control movement on all levels and most important how motor skills are best taught and learned The authors noted experts on motor learning and motor control in the dance world explore these features that appeal to students and instructors alike Dance specific photos examples and figures illustrate how to solve common problems various dance genres The 16 chapters prepare dance educators to teach dancers of all ages and abilities and support the development of dance artists and students in training and performance An extensive bibliography of sports and dance science literature allows teachers and performers to do their own research A glossary with a list of key terms at the back of the book Part I presents an overview of motor behavior covering motor development from birth to early adulthood It provides the essential information for teaching posture control and balance the locomotor skills underlying a range of complex dance skills and the ballistic skills that are difficult to teach and learn such as grand battement and movements in street dance Part II explores motor control and how movement is planned initiated and executed Readers will learn how the nervous system organizes the coordination of movement the effects of anxiety and states of arousal on dance performance how to integrate the senses into movement and how speed and accuracy interact Part III investigates methods of motor learning for dancers of all ages Readers will explore how to implement a variety of instructional strategies determine the best approaches for learning dance skills and motivate and inspire dancers This section also discusses how various methods of practice can help or hinder dancers strategies for improving the recall of dance skills and sequences and how to embrace somatic practice and its contribution to understanding imagery and motor learning Motor Learning and Control for Dance addresses many related topics that are important to the discipline such as imagery and improvisation This book will help performers and teachers blend science with pedagogy to meet the challenge of artistry and technique in preparing for dance performance

Creative Ballet Teaching Cadence Whittier, 2017-07-28 How do teachers create a classroom environment that promotes collaborative and inquiry based approaches to learning ballet How do teachers impart the stylistic qualities of ballet while also supporting each dancer s artistic instincts and development of a personal style How does ballet technique education develop the versatility and creativity needed in the contemporary dance environment Creative Ballet Teaching draws on the fields of Laban Bartenieff Movement Analysis L BMA dance pedagogy and somatic education to explore these questions Sample lesson plans class exercises movement explorations and journal writing activities specifically designed for teachers bring these ideas into the studio and classroom A complementary online manual Creative Ballet Learning provides students with tools for technical and artistic development self assessment and reflection Offering a practical exciting approach

Creative Ballet Teaching is a must read for those teaching and learning ballet

**Dance Wellness** Wilmerding, Mary Virginia, Krasnow, Donna, International Association for Dance Medicine & Science, 2016-10-12 Dancer Wellness created by the International Association for Dance Medicine Science offers guidance on the foundations mental components and physical aspects of dancer wellness Readers will learn concepts and strategies to develop as dancers and to create their own dancer wellness plan

**Forthcoming Books** Rose Arny, 1996-06 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

Bibliographic Guide to Psychology New York Public Library. Research Libraries, 1997

**Dance Imagery for Technique and Performance**, 2014 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

**Medical Problems of Performing Artists**, 1998 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

**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      **Index to Dance Periodicals 1998** Nypl Dance Collection,1999-08      **Book Review Index** ,2003  
Vols 8 10 of the 1965 1984 master cumulation constitute a title index      *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

**Learning about Dance** Nora Ambrosio,1999      *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      **The Cumulative Book Index** ,1996 A world list of books in the English language

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