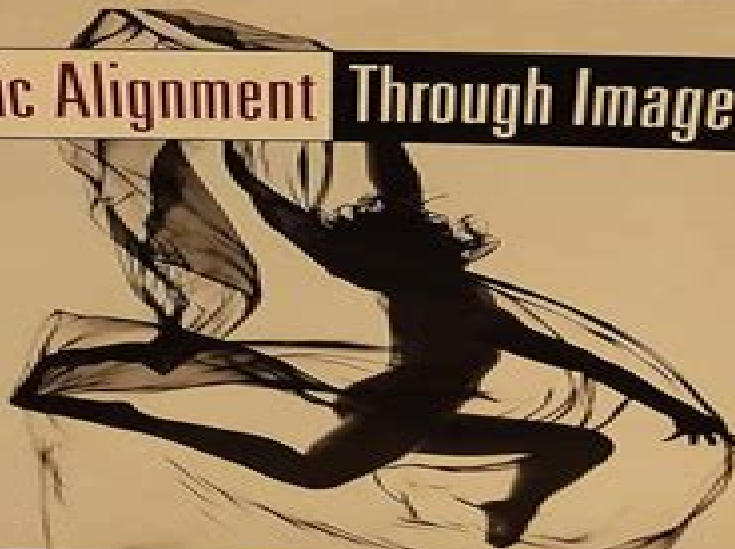


# Dynamic Alignment Through Imagery



Eric Franklin

# Dynamic Alignment Through Imagery Dynamic Alignment Through Imagery

**Tom Welsh**



## **Dynamic Alignment Through Imagery 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, 2022-11 This resource shows readers how to use imagery touch and movement exercises to improve coordination and alignment The exercises also help relieve tension enhance the health of the spine and back and prevent back injury

*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 N. Franklin, 1996 Destined to become a classic text and reference *Dynamic Alignment Through Imagery* explains how you can use imaging techniques to improve posture and alignment and release excess tension Written for teachers dancers performance artists and movement specialists at all levels this book can be used as a general reference or as a guide for systematic study The 195 illustrations help you visualize the images and exercises and show you how to use them in a variety of contexts With *Dynamic Alignment Through Imagery* you ll 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 tune alignments and increase body awareness and learn 26 holistic exercises to sculpt and improve alignment Practice the techniques presented in *Dynamic Alignment Through Imagery* tap into the power of imagery and create better movement

**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, 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

**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

*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 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

**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

[Index to Dance Periodicals 1998](#) Nypl Dance Collection, 1999-08 [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      **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      *Medical Problems of Performing Artists* ,2001      *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      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      *Bibliographic Guide to Psychology* New York Public Library. Research Libraries,1997      **Book Review Index** ,2003 Vols 8 10 of the 1965 1984 master cumulation constitute a title index      **American Book Publishing Record** ,1996      **Learning about Dance** Nora Ambrosio,1999

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