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Dynamic Alignment Through Imagery Second

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 edition includes over 600 illustrations of anatomical imagery and updated chapters with information on dynamic alignment and imagery.

Dynamic Alignment Through Imagery: Franklin, Eric N ...

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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.

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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.

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Description. 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.

Dynamic Alignment Through Imagery : Eric Franklin ...

In the second edition of Dynamic Alignment Through Imagery, Eric Franklin has included more than 600 exercises and 500 illustrations as well as online audio files for imagery exercises set to music. For this edition, Franklin has extensively revised his anatomical imagery exercises; new ones are found throughout the chapters.

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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.

Product Description Dynamic Alignment Through Imagery

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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.

Dynamic Alignment Through Imagery by Eric Franklin

Dynamic Alignment Through Imagery, Second Edition, presents

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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 edition includes over 600 illustrations of anatomical imagery and updated chapters with information on dynamic alignment and imagery.

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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.

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"Dynamic Alignment Through Imagery, Second Edition", shows how to use imagery, touch and movement exercises to improve co-ordination and alignment. These exercises also help relieve tension, enhance the health of the spine and back and prevent back injury.

Dynamic Alignment Through Imagery: Amazon.co.uk: Eric N ...

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