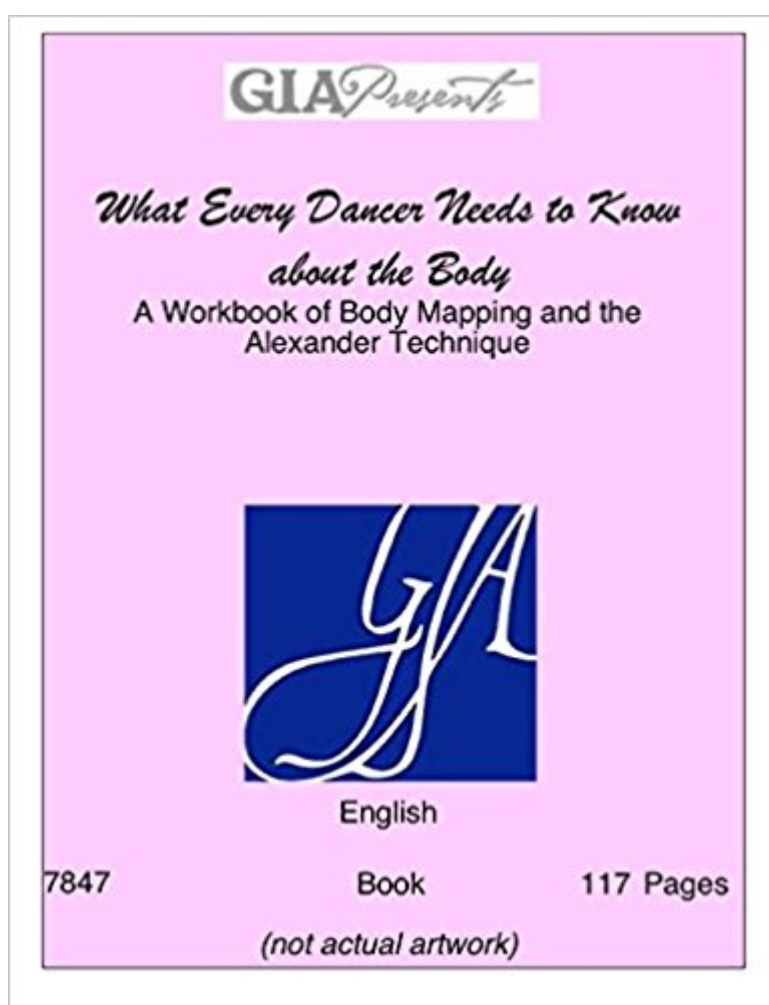


The book was found

What Every Dancer Needs To Know About The Body: A Workbook Of Body Mapping And The Alexander Technique/G7847



Synopsis

Dancers may have more consciously learned movement patterns than any other profession. Among the many forms and techniques of dance there are often conflicting instructions, and the dancer must translate these ideas into movement and artistry. This book is intended to be a workbook and playbook through which dancers and all movers can improve the quality of their movement. Through clear, concise text, numerous illustrations and guided movement explorations, learn to embody basic anatomy. Decode common dance habits and develop a conscious approach to moving with ease and pleasure. Dancers, dance teachers, and anyone with an interest in the Alexander Technique and movement will want a copy of *What Every Dancer Needs to Know About the Body*.

Book Information

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Customer Reviews

Robin Gilmore, MFA, is a senior teacher of the Alexander Technique. She directs a teacher training program in Greensboro, NC. Her dance training includes modern, Contact Improvisation and release technique. She has taught in numerous universities and been a presenter at somatic movement conferences. Her award winning choreography has been presented throughout the United States, Japan and the Netherlands.

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