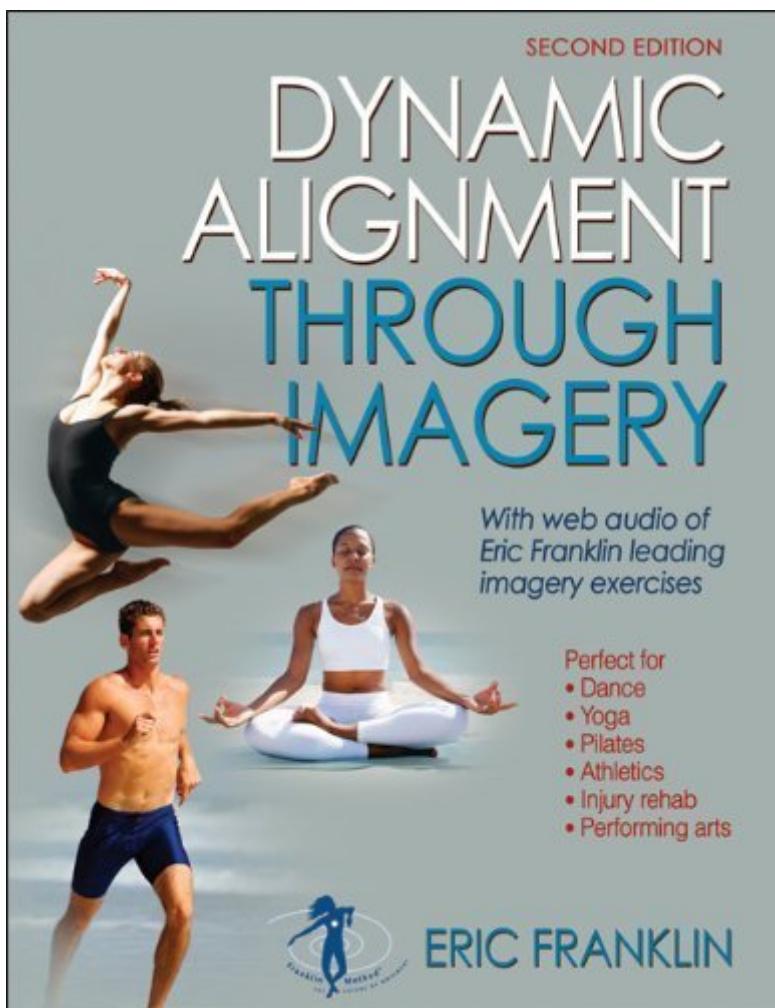


The book was found

Dynamic Alignment Through Imagery: Second Edition



Synopsis

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 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.

Book Information

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Customer Reviews

I'm a lay person with no exercise training, who's been in physical therapy for a couple years. I'm very hypermobile and Eric Franklin's products have been amazing for me. This book's size is overwhelming, but as I've started reading about ribs, breathing, and the nervous system, I've felt like my physical therapy is making more sense. It's easy to work on one area that's stuck or giving you pain, and this book emphasizes holistic, whole body happy movement. I love that he covers so many muscles and parts of the body and then summarizes how the whole body works together, so you can "get more" out of your workouts & understanding of posture. I cannot recommend Eric Franklin products enough, because they're phenomenal.

Dance is my hobby and I am not in medicine, yet this book is still understandable. The book has the feel of something written for physical/occupational therapists to get new imagery from. My own use of this book is providing breakthroughs for me and solving some nagging alignment problems that experienced instructors could not really fix. My appearance, stamina, and comfort in dance and life have improved in the two months I have owned this book.

Many years ago I got my BFA in Modern Dance. If only we had this as our book for the year long class in kinesiology! There is such depth of understanding of how we move and how to connect the mind and the body to go WAY beyond what you thought was possible. I wonder if this had been my introduction to kinesiology way back when - perhaps I would still be dancing today. I find it invaluable to teaching Pilates and Yoga today. When you get it, you have to sit with some paragraphs and let it sink in. Then read it many more times to see how it is interwoven. No superfluous words, no junk thrown in. It all is purposeful. Beautifully done.

I'm a visual person, and though this is pretty technical stuff, it is helping me to "speak with" my own body and help re-align myself. I really appreciate his information, but would like even more pictures!

This book has been tremendously helpful as I am rehabbing from sciatica. What's great about it is I am working muscle sets that are very weak and there are new aches and pains that accompany each stage of working through that. I've been doing the body posture and re-alignment exercises from this book and it helps relax the areas that PT exercises have "re-awakened" painfully. I am also getting more benefit from the PT exercises themselves because the anatomy lessons inside this book help me imagine the movements in language that might be more helpful to you than what your PT, doctor etc use. My last doctor visit, the staff noticed that I am moving much more freely and seem much more relaxed now. I told them about the book and the osteopath said he's going to check it out. I'm also memorizing some of the breathing language and relaxation exercises for students I work with. Even if it doesn't help them, I know it will help me help them.

My practice is with pregnant women (actually women's health because when the woman is healthy so is her family) and this book has given me so much to making my practice even better than it is already. It's incredible and I do love it. I'm sure you will also. Physical Therapists should have this book and have read it from cover to cover. The information in it is fantastic! I just wish I could have the entire book downloaded into my brain!!!!!! You will not regret purchasing this book. Actually I'd rate it a 10!

Eric Franklin takes the works of Mabel Todd (The Thinking Body) and Andre Bernard (Ideokinesis) to another level. He references them and has adapted many of his exercises using their concepts. The sketches are delightful and whimsical, but he also encourages you to develop your own imagery. The book is filled with anatomy, alignment, and exercises. He encourages you to do your own self-evaluations with developing self-awareness. A great book that I repeatedly use along with his other books.

Does a good job of inspiring the use of imagery to help with exercises and posture.

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