

Dynamic Alignment Through Imagery Second Edition Enhanced Version

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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.

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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, presents nearly 500 illustrated exercises to help you understand and achieve proper posture and alignment and release excess stress. This new edition includes over 600 illustrations of anatomical imagery and updated chapters with the latest 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. The second edition of Dynamic Alignment Through Imagery gives you the opportunity to listen to four audio recordings of imagery processes. Author Eric Franklin created these recordings to help increase the understanding of how imagery is used effectively and assist in embodying dynamic alignment.

~~human kinetics—Dynamic Alignment Through Imagery~~

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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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.

~~Dynamic Alignment Through Imagery by Eric Franklin~~

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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