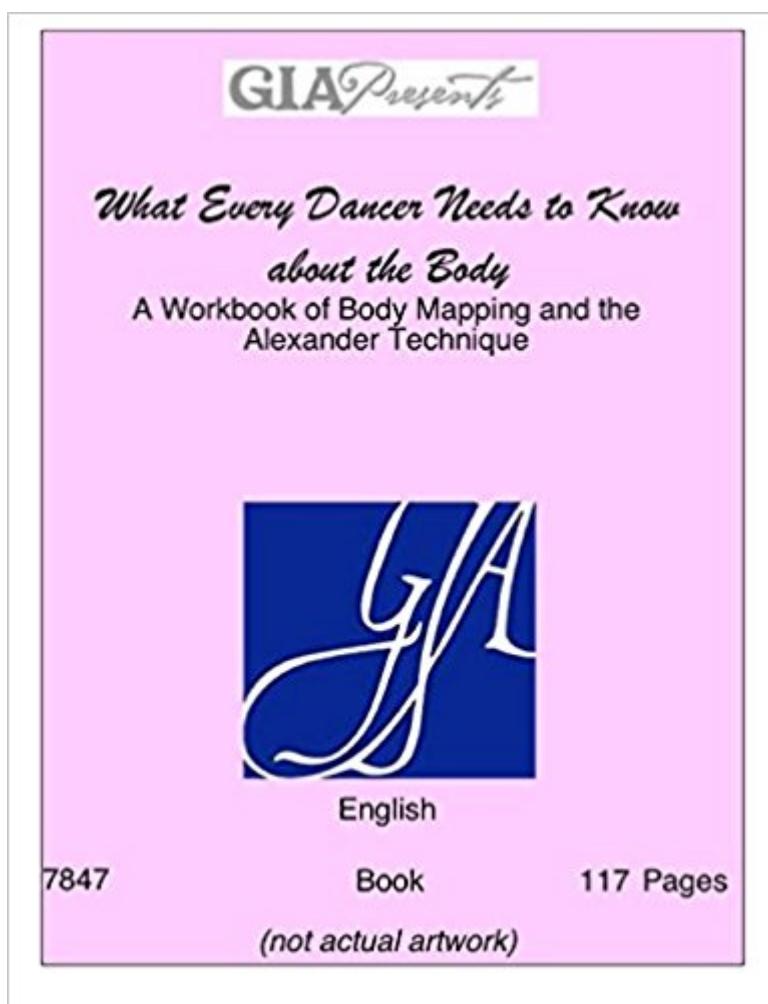


The book was found

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

Paperback: 117 pages

Publisher: GIA Publications (September 1, 2010)

Language: English

ISBN-10: 1579998135

ISBN-13: 978-1579998134

Package Dimensions: 10.8 x 8.4 x 0.4 inches

Shipping Weight: 11.2 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #186,048 in Books (See Top 100 in Books) #15 in Books > Arts & Photography > Music > Musical Genres > Dance

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.

[Download to continue reading...](#)

What Every Dancer Needs to Know About the Body: A Workbook of Body Mapping and the Alexander Technique/G7847 What Everyone Needs to Know about Islam (What Everyone Needs to Know (Hardcover)) An Alexander Technique Approach to Conducting (Conductors') Technique The Magic of Pointe Shoes: Everything a Dancer Needs to Know About Pointe Shoes. All the Secrets

Revealed by the Experts. Lap Dance: The Ultimate Guide to Being the Best Exotic Dancer (The Ultimate Exotic Dancer Package Book 4) The Whole Life Prostate Book: Everything That Every Man-at Every Age-Needs to Know About Maintaining Optimal Prostate Health Colorado: Mapping the Centennial State through History: Rare And Unusual Maps From The Library Of Congress (Mapping the States through History) Massachusetts: Mapping the Bay State through History: Rare and Unusual Maps from the Library of Congress (Mapping the States through History) Mapping America: Exploring the Continent (Mapping (Black Dog)) What Every Singer Needs to Know About the Body, Third Edition What Every Pianist Needs to Know About the Body Body Learning: An Introduction to the Alexander Technique Body Learning: An Introduction to the Alexander Technique, Second Edition Creative Ballet Teaching: Technique and Artistry for the 21st Century Ballet Dancer Inside Tap: Technique and Improvisation for Today's Tap Dancer Dancing Longer, Dancing Stronger: A Dancer's Guide to Improving Technique and Preventing Injury The Ballet Companion: A Dancer's Guide to the Technique, Traditions, and Joys of Ballet BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) What Every Student Should Know About Citing Sources with APA Documentation (What Every Student Should Know About...) GMAT Reading Comprehension Guide: Concepts, Mapping Technique, Practice Passages, GMAT Foundation Course & Verbal E-Books

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)