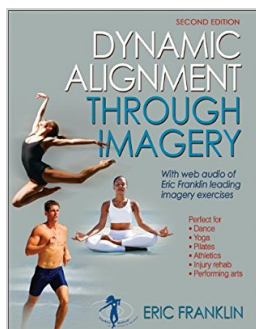


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Dynamic Alignment Through Imagery - 2nd Edition

By Eric Franklin

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Dynamic Alignment Through Imagery - 2nd Edition 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.

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 posted online to the book's product page; 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.

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“The Franklin Method training as outlined in this book is the most intelligent approach to learning about the workings of the body that I have ever attended. It is not just information but the experience of our design as we learn that is transforming.”

Tom McCook-- Fitness Instructor, Founder and Director, Center of Balance

"In Dynamic Alignment Through Imagery, Eric Franklin offers an easy-to-read, practical, and educational resource, which I wholly recommend."

Dr. Emma Redding-- Head of Dance Science, Trinity Laban Conservatoire of Music and Dance, President, International Association for Dance Medicine & Science

"Dynamic Alignment Through Imagery is a must-have resource. Eric Franklin creates a truly powerful tool for improving movement and function."

Marie-Jose Blom-- PMA Gold-Certified Master Pilates Teacher, Founder and Owner, Long Beach Dance Conditioning, Founder and Owner, Angel City Body Kinetics, Founder and Partner, SmartSpine Works

“The Franklin Method has had a profound influence on my personal and professional life. Eric Franklin’s evolution of imagery and its application contain the knowledge and power to create a quantum leap in our understanding of human movement and our own potential.”

Jan Dunn M.S.-- Past President, International Association for Dance Medicine & Science

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