

*Dynamic Alignment Through Imagery Second Edition Enhanced
Version*



Dynamic Alignment Through Imagery Second

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, 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 new edition includes over 600 illustrations of anatomical imagery and updated chapters with the latest ...

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Dynamic Alignment Through Imagery, Second Edition Eric Franklin Human Kinetics, 2012 429 pages
If the purpose of proper alignment is to promote a healthy and efficient way of moving, it only makes sense to improve one's alignment through movement, rather than static positioning. This is the thesis b...

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