

Functional Awareness Anatomy in Action for Dancers: A Comprehensive Review

Functional Awareness Anatomy in Action for Dancers is a comprehensive guide to the anatomy and biomechanics of dance. This book is a must-read for dancers of all levels, from beginners to professionals. The book is written by two experienced dance educators, and it is full of clear, concise explanations of the human body and how it moves.

What's Inside?

Functional Awareness Anatomy in Action for Dancers is divided into three parts. The first part provides a general overview of the human body, including the skeletal system, the muscular system, and the nervous system. The second part focuses on the specific anatomy and biomechanics of dance, including the muscles and joints used in various dance movements. The third part provides guidance on how to use functional awareness to improve your dance technique and avoid injuries.



Functional Awareness: Anatomy in Action for Dancers

by Nancy Romita

★★★★☆ 4.6 out of 5

Language : English
File size : 10026 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 103 pages
Lending : Enabled



Why is This Book Important?

Functional Awareness Anatomy in Action for Dancers is an important book for dancers because it provides a comprehensive understanding of the human body and how it moves. This knowledge can help dancers to improve their technique, avoid injuries, and perform at their best.

The book is also a valuable resource for dance educators. It can help teachers to understand the anatomy and biomechanics of dance, and to develop effective teaching methods.

Functional Awareness Anatomy in Action for Dancers is a comprehensive and well-written guide to the anatomy and biomechanics of dance. This book is a must-read for dancers of all levels, from beginners to professionals.

About the Authors

Functional Awareness Anatomy in Action for Dancers was written by two experienced dance educators, Eric Franklin and Nancy Myers.

Eric Franklin is a world-renowned dance educator and author. He is the founder of the Franklin Method, a system for integrating functional awareness into movement.

Nancy Myers is a dance educator and author. She is the founder of the Myers Dance Technique, a method for teaching dance that emphasizes functional awareness and injury prevention.

Reviews

"Functional Awareness Anatomy in Action for Dancers is a must-read for dancers of all levels. This book provides a comprehensive understanding of the human body and how it moves, which is essential for improving technique and avoiding injuries." - Dance Magazine

"Functional Awareness Anatomy in Action for Dancers is a valuable resource for dance educators. It can help teachers to understand the anatomy and biomechanics of dance, and to develop effective teaching methods." - Journal of Dance Education



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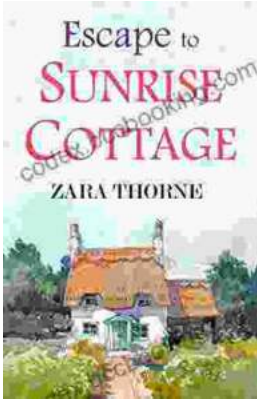
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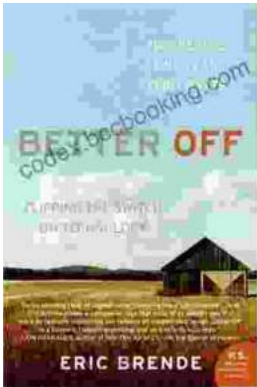
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