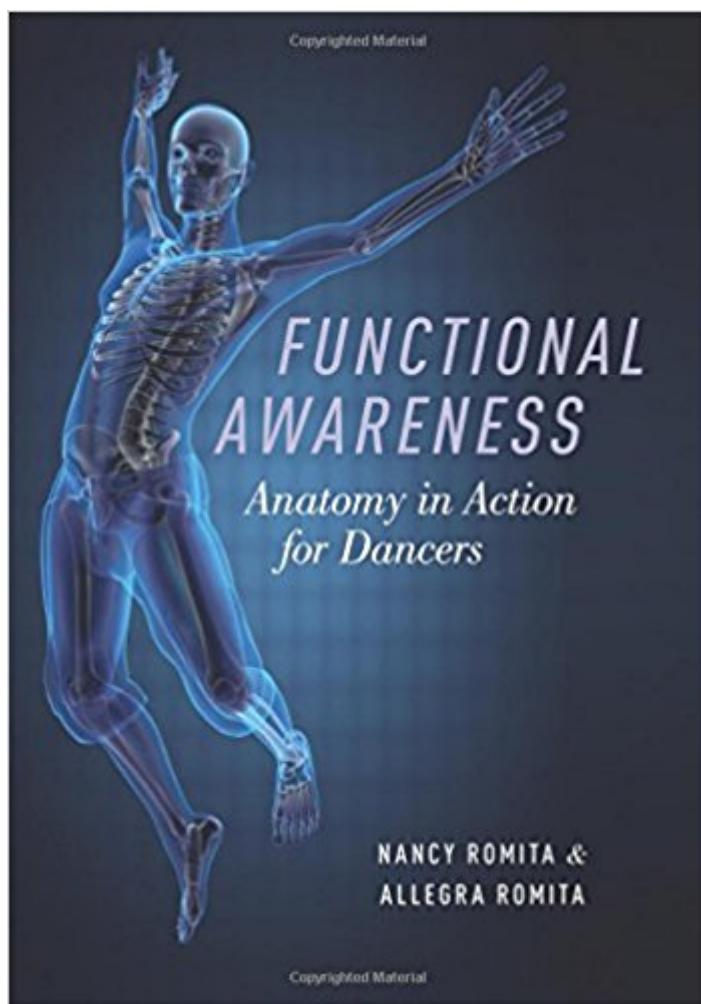The book was found

Functional Awareness: Anatomy In Action For Dancers

Synopsis

Functional Awareness: Anatomy in Action for Dancers is where anatomy meets artistry. Each chapter provides explorations in embodied anatomy in an engaging manner with the use of images, storytelling, and experiential exercises. It is an accessible introduction to the relationship between daily movement habits, dance training and anatomy. The information is founded on over 30,000 hours of experience teaching and training dancers to generate efficient exertion and appropriate recuperation. Functional Awareness: Anatomy in Action for Dancers employs somatic practices along with explorations in experiential anatomy to awaken the body-mind connection and improve movement function. The book applies the Functional AwarenessÃ Â® approach to improve dance technique and provide skills to enable the dancer to move with balance and grace in the classroom, on stage, and in daily life.

Book Information

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Average Customer Review: 5.0 out of 5 stars   3 customer reviews

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Customer Reviews

"Functional Awareness: Anatomy in Action for Dancers offers a blend of anatomical information with an underlying theme of moving with ease in both dance and daily activities. A delightful, engaging resource for dancers and dance educators, this book invites the reader into each chapter with a story and presents pertinent information that is practical and immediately applicable."--Rebecca Nettl-Fiol, Professor of Dance, University of Illinois, Urbana-Champaign"With beautiful illustrations and photographs, reflective questions, suggestions for applications to dance and to everyday life, and with an emphasis on mindful practices, the book is lucid and accessible."--Karen Kohn Bradley,

School of Theatre, Dance, and Performance Studies, University of Maryland"As a dance instructor, I cannot wait until the book is released so that I can make this required reading for my students while referencing it for my own practice. Bravo!"--Linda-Denise Fisher-Harrell, Towson University

Nancy Romita is on faculty at Towson University where she teaches anatomy and kinesiology. She is also Director of the Alexander Technique Mid-Atlantic Teacher Training Course.Allegra Romita teaches Functional AwarenessÃ Â® Anatomy in Action, Dance, and Vinyasa Flow Yoga in New York City. She is also a Certified Movement Analyst.

Awesome book that I would recommend to any successful dance professional.Not a very long book, but, is loaded with great information.

This is a practical and helpful resource with user friendly and experiential topics. ItÃƒÂ¢Ã â¬Ã â„¢s the first book of its kind that IÃƒÂ¢Ã â¬Ã â„¢ve seen that isnÃƒÂ¢Ã â¬Ã â„¢t at least half ÃƒÂ¢Ã â¬Ã Å"clinicalÃƒÂ¢Ã â¬Ã Â• in its approach to the subject matter. ItÃƒÂ¢Ã â¬Ã â„¢s obvious that this book came from two dance educators who understand how to teach vital, complex material in a student-centered model.The authors lay out how the explorations relate to a dancerÃƒÂ¢Ã â¬Ã â„¢s training and practice, explaining why it matters. You don't have to hunt for the applicability of the material; it's built right into the headings: "How This Positioning Affects Dance Technique Training" or "Your Findings and Why They Matter," for example. This direct approach in explaining these concepts will empower dancers to work independently and take control of their own learning and growth. I'm always telling dancers not to pose, that contrary to popular belief: ballet is not static and not primarily shape-dominant (and yes, I'll argue that one with you if you don't agree). Alignment is only useful if it is dynamic and if you can transfer those skills from axial to locomotor movement. ***The book isn't geared toward ballet, but towards dancers and applicable to many genres of dance. Ballet just happens to be my specialty.***I bought the Kindle edition, and if you preview the book on , you'll see what I'm talking about. I am beginning my 13th year as a Dance Professor at the University of Michigan; our student body is comprised of approximately 50 undergraduate dance majors and 8 MFA students. IÃƒÂ¢Ã â¬Ã â„¢ve already ÃƒÂ¢Ã â¬Ã Å"warnedÃƒÂ¢Ã â¬Ã Â• our students that they will hear me using this text in classes beginning this fall: ÃƒÂ¢Ã â¬Ã Å"ÃƒÂ¢Ã â¬Ã Â|So just in case you thought I couldn't find any more ways to fit the concept of "spiral into my class, I'm here to tell you, this book gave me a whole bunch of new material. Get ready!!ÃƒÂ¢Ã â¬Ã Â•Missy

Beck University of Michigan Department of Dance

Everyone is a part of this book. From the personal stories, to the practical and technical connections, one can go back to the book over and over again and discover new information about one's body and how it works most effectively. Throughout the text, the reader is encouraged to explore, be mindful, and examine the results on a professional as well as a personal level. Whether awake or asleep, this book is invaluable to discover how our body works most efficiently and safely. In addition to these benefits, the book is replete with educational applications for the instructor at any level. How does one ensure that their students are moving in the most anatomically beneficial way? Read this book for many suggestions! Kudos to the Romitas for sharing their work and making it understandable for all.

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