

# *Expressive Movement*

POSTURE AND  
ACTION IN  
DAILY LIFE,  
SPORTS,  
AND THE  
PERFORMING  
ARTS

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# Expressive Movement Posture And Action In Daily Life Sports And The Performing Arts

**Velizara Chervenkova**



## **Expressive Movement Posture And Action In Daily Life Sports And The Performing Arts:**

Expressive Movement Alexandra Pierce,1989      Expressive Movement Alexandra Pierce,Roger Pierce,1989-08-21 In this evocative and instructive work Alexandra and Roger Pierce show you how you can change your habitual pattern of posture and movement and how this process can lead to improved performance as well as physical and psychological wellbeing

Expressive Movement Alexandra Pierce,2013-11-11      **Yoga Journal** ,1991-11 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

*Teaching Performance: A Philosophy of Piano Pedagogy* Jeffrey Swinkin,2015-07-16 How can the studio teacher teach a lesson so as to instill refined artistic sensibilities ones often thought to elude language How can the applied lesson be a form of aesthetic education How can teaching performance be an artistic endeavor in its own right These are some of the questions Teaching Performance attempts to answer drawing on the author s several decades of experience as a studio teacher and music scholar The architects of absolute music Hanslick Schopenhauer and others held that it is precisely because instrumental music lacks language and thus any overt connection to the non musical world that it is able to expose essential elements of that world More particularly for these philosophers it is the density of musical structure the intricate interplay among purely musical elements that allows music to capture the essences behind appearances By analogy the author contends that the more structurally intricate and aesthetically nuanced a pedagogical system is the greater its ability to illuminate music and facilitate musical skills The author terms this phenomenon relational autonomy Eight chapters unfold a piano pedagogical system pivoting on the principle of relational autonomy In grounding piano pedagogy in the aesthetics of absolute music each domain works on the other On the one hand Romantic aesthetics affords pedagogy a source of artistic value in its own right On the other hand pedagogy concretizes Romantic aesthetics deflating its transcendental pretensions and showing the dichotomy of absolute utilitarian to be specious      **The Body Eclectic** Melanie Bales,Rebecca

Nettl-Fiol,2008 A discussion of current practices in modern dance training      **The Routledge Companion to Performance Practitioners** Franc Chamberlain,Bernadette Sweeney,2020-08-16 The Routledge Companion to Performance Practitioners collects the outstanding biographical and production overviews of key theatre practitioners first featured in the popular Routledge Performance Practitioners series of guidebooks Each of the chapters is written by an expert on a particular figure from Stanislavsky and Brecht to Laban and Decroux and places their work in its social and historical context Summaries and analyses of their key productions indicate how each practitioner s theoretical approaches to performance and the performer were manifested in practice All 22 practitioners from the original series are represented with this volume covering those born after 1915 This is the definitive first step for students scholars and practitioners hoping to acquaint

themselves with the leading names in performance or deepen their knowledge of these seminal figures Jerzy Grotowski James Slowiak, Jairo Cuesta, 2018-01-31 Master director teacher and theorist Jerzy Grotowski's work extended well beyond the conventional limits of performance Now revised and reissued this book combines an overview of Grotowski's life and the distinct phases of his work an analysis of his key ideas a consideration of his role as director of the renowned Polish Laboratory Theatre a series of practical exercises offering an introduction to the principles underlying Grotowski's working methods As a first step towards critical understanding and an initial exploration before going on to further primary research Routledge Performance Practitioners offer unbeatable value for today's student **Your Body Knows** Jana Tift, Meade Andrews, 2020-01-24 Your Body Knows provides the foundation actors need to move with ease and power It is a practical guide to movement starting at the very beginning knowing your body and experiencing how it works Through the work of F M Alexander Rudolf Laban and Michael Chekhov this book offers basic training in movement fundamentals Its step by step process supports the actor's work in any acting or movement training program and as a working professional The book focuses on three main areas of exploration Body facts Know your body and its design for movement Let go of misinformed ideas about your body Move more freely avoid injury and develop a strong body mind connection Movement facts What is movement Discover the movement fundamentals that can serve your art Explore new ways of moving Creative Inspiration Connect your body mind and imagination to liberate authentic and expressive character movement Your Body Knows A Movement Guide for Actors is an excellent resource for acting students and their teachers promoting a strong onstage presence and awakening unlimited potential for creative expression Dynamic Alignment Through Imagery Eric N. Franklin, 2012 Franklin shows readers how to use imaging techniques to improve posture and alignment and to release excess tension The illustrations help explain the images and exercises and show how to use them in a variety of contexts

*Musical Gestures* Rolf Inge Godøy, Marc Leman, 2010-02-12 Musical Gestures is a collection of essays that explore the relationship between sound and movement The book takes an interdisciplinary approach to the fundamental issues of this subject drawing on ideas theories and methods from disciplines such as musicology music perception and human movement science **Interpreting Musical Gestures, Topics, and Tropes** Robert S. Hatten, 2017-09-04 Robert Hatten's new book is a worthy successor to his Musical Meaning in Beethoven which established him as a front rank scholar in questions of musical meaning Both how he approaches musical works and what he says about them are timely and to the point Musical scholars in both musicology and theory will find much of value here and will find their notions of musical meaning challenged and expanded Patrick McCreless This book continues to develop the semiotic theory of musical meaning presented in Robert S Hatten's first book Musical Meaning in Beethoven IUP 1994 In addition to expanding theories of markedness topics and tropes Hatten offers a fresh contribution to the understanding of musical gestures as grounded in biological psychological cultural and music stylistic competencies By focusing on gestures topics tropes and their interaction in the music of Mozart

Beethoven and Schubert Hatten demonstrates the power and elegance of synthetic structures and emergent meanings within a changing Viennese Classical style Musical Meaning and Interpretation Robert S Hatten editor **Musica Significans** Raymond Monelle,1998 First Published in 1998 Routledge is an imprint of Taylor Francis an informa company The Routledge Handbook of Music Signification Esti Sheinberg,William P. Dougherty,2020-03-17 The Routledge Handbook of Music Signification captures the richness and complexity of the field presenting 30 essays by recognized international experts that reflect current interdisciplinary and cross disciplinary approaches to the subject Examinations of music signification have been an essential component in thinking about music for millennia but it is only in the last few decades that music signification has been established as an independent area of study During this time the field has grown exponentially incorporating a vast array of methodologies that seek to ground how music means and to explore what it may mean Research in music signification typically embraces concepts and practices imported from semiotics literary criticism linguistics the visual arts philosophy sociology history and psychology among others By bringing together such approaches in transparent groupings that reflect the various contexts in which music is created and experienced and by encouraging critical dialogues this volume provides an authoritative survey of the discipline and a significant advance in inquiries into music signification This book addresses a wide array of readers from scholars who specialize in this and related areas to the general reader who is curious to learn more about the ways in which music makes sense *Sufi Women, Embodiment, and the 'Self'* Jamila Rodrigues,2022-12-30 This book is an ethnographic case study of Sufi ritual practice and embodied experience amongst female members of the Naqshbandi community Drawing on fieldwork in Cape Town South Africa and Lefke Cyprus 2013 2014 the author examines women s experiences within a particular performance of Sufi tradition The focus is on the ritual named hadra involving the recital of sacred texts music and body movement where the goal is for the individual to reach a state of intimacy with God The volume considers Sufi practice as a form of embodied cultural behavior religious identity and selfhood construction It explains how Muslim women s participation in hadra ritual life reflects religious and cultural ideas about the body the body s movement and embodied selfhood expression within the ritual experience Sufi Women Ritual Embodiment and the Self engages with studies in Sufism symbolic anthropology ethnography dance and somatic studies Contributing to discussions of religion gender and the body the book will be of interest to scholars from anthropology sociology religious ritual studies Sufism and gender studies and performance studies **Dynamic Alignment Through Imagery** Eric Franklin,2022-10-27 Eric Franklin s classic reference is back in a new full color edition complete with new material and exercises for instructors to use with their dancers other performing artists athletes and classes In Dynamic Alignment Through Imagery Third Edition Franklin an internationally renowned teacher dancer and choreographer who has been sharing his imagery techniques for more than 35 years teaches the use of imagery to increase self awareness improve body image and apply anatomical and biomechanical principles for more efficient movement This

expanded new edition includes more than 600 anatomical imagery exercises to improve posture and body alignment release excess tension and prevent injuries over 500 full color illustrations to help readers visualize the exercises and use them in various contexts four audio files containing guided imagery exercises led by Franklin and set to music and updated chapters throughout the book including new material and exercises to address fasciae and connective tissue The pictures and the words in your mind influence the feelings in your body which in turn feed your thoughts and mental pictures Franklin says To create powerful and dynamic alignment you need to fertilize your mind and body with constructive information and weed out destructive thoughts This book will help readers do just that as they discover their natural flexibility and increase their power to move Franklin expertly guides readers through foundational concepts of posture dynamic alignment and imagery explores different types of imagery and guidelines for using them and delves into biomechanical and anatomical principles including the body's center and gravity the laws of motion and force systems and joint and muscle function He then provides exercises for anatomical imagery covering every area of the body from head to toe The book closes with two critical chapters on defining dynamic alignment and on integrating dynamic alignment exercises into workouts and programs Dynamic Alignment Through Imagery Third Edition will help readers experience the biomechanical and anatomical principles that are crucial to athletes dancers other performing artists and yoga and Pilates practitioners The techniques and exercises presented in the book will guide readers in improving their posture and will positively affect their thoughts and attitudes about themselves and others and help them feel better both mentally and physically Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

*Lighten Up Your Body, Lighten Up Your Life* Lucia Capacchione, 2025-09-12 Using drawing and writing exercises you can transform attitudes and beliefs that shape your body image and nurture and feed the hungry child within

*Floating Bones* Cynthia Roses-Thema, 2020-11-29 Floating Bones charts the author's journey into tensegrity which begins in ballet and culminates in a model for addressing one's body as a teacher Tensegrity flips traditional biomechanical models such that instead of support coming from the bones the bones float and it is the muscles and other soft connective tissue that provide support for the moving body Using the model of tensegritic experience Roses Thema connects somatics cognition rhetoric and reflective practices detailing the means that constructed approaching the body as a teacher This study presents the argument for extending the models of thinking to include bodily thinking by citing how the experiential perspective of tensegrity constructs physical evidence of the rhetorical concept metis where the body thinks as it moves This book will be of great interest to students scholars and practitioners of dance theater and sociology

Enlivening Consciousness Elisa Beth Haransky-Beck OD, 2024-02-18 Would you like to improve your eyesight naturally using tools not often considered in the field of eye and vision care while rising to your highest potential Author Elisa Beck holds a Doctor of Optometry but she is also a life coach In Enlivening Consciousness she simplifies her life changing plan creating an

introduction to a new way to live The areas covered include natural eyesight improvement deepening insight to rise to your highest potential movement and exercise modalities for reversing the aging process eating to thrive and reverse acute and chronic illness natural awareness training in nature both inner and outer to transcend artificiality and practical spirituality to come into our true whole natures filled with joy peace and deep love for ourselves and others Elisa s target audience is lifelong learners who love healing themselves through true wellness practices She wants readers to experience their potential to rise above the fray of the mainstream into their own perfection and gain insights into wonderful routines rituals and choices that promote health and wellness for themselves their families their communities our mother earth and out into the cosmos

**Japanese Psychotherapies** Velizara Chervenkova, 2017-12-26 The book presents three Japanese psychotherapeutic approaches Morita Naikan and Dohsa hou in the chronological order of their development giving a thorough account of both their underlying concepts and practical applications In addition to describing their idiosyncrasies a major focus of the book is also to elucidate as to how the deeply imprinted cultural specificities of these approaches emanating from their common cultural ground converge to two focal points silence and body mind interconnectedness that vest the approaches with their therapeutic power In so doing the book gives an insight into the intrinsic dynamics of the methods and emphasizes on their potential for universal applicability notwithstanding their indisputable cultural peculiarities This self contained and well structured book fills the gap in the yet scarce English language literature on Japanese psychotherapies

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