



Dance Imagery for Technique and Performance, Second Edition (Enhanced Version)

Eric Franklin

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This text provides dancers and dance educators with a deep understanding of how they can use imagery to improve artistry in dance. It offers hundreds of imagery exercises to refine improvisation, technique, and choreography as well as 295 illustrations and photos that illustrate Franklin's unique imagery concepts. The book includes imagery exercises that can restore and regenerate the body through massage, touch, and stretching. Audio clips of four exercises taught by Franklin help dancers with essential rest and relaxation techniques.

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