

(Download) Dance and the Alexander Technique

## Dance and the Alexander Technique

*Rebecca Nettle-Fiol, Luc Vanier*

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**Rebecca Nettle-Fiol, Luc Vanier : Dance and the Alexander Technique** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Dance and the Alexander Technique:

10 of 10 people found the following review helpful. Both subjects are dealt with in depth. By Alexander Murray The accompanying DVD is first-rate as are the photos. The text is well written and deals equally thoroughly with both subjects. A useful addition to writing on the Alexander Technique as well as unique approach to the study of Dance. 4 of 5 people found the following review helpful. An excellent tool for any dance educator! By Kathleen Becker Are we aware and in control of how we move our bodies, or do we move from unconscious habit? How can one maintain presence and awareness within her/his dance technique? Working with the understanding that, as dancers, we are often muscling our way into correct technique and developing unconscious habits, Rebecca Nettle-Fiol and Luc Vanier explain how to work within our dance training and become conscious of our habits through Alexander technique. The book, *Dance and the Alexander Technique*, does a lovely job of integrating information around dance training, developmental movement, and Alexander technique. The book is well organized. The authors give a concise history and background of F.M. Alexander, Raymond Dart, and their own personal training and teaching approaches to dance.

They offer applications of Dart procedures and Alexander principles to Dance. The book includes written descriptions, pictures, and even a helpful DVD. Netti-Fiol and Vanier recognize the necessity of experiencing the technique in-person, but their book is a helpful tool to any dancer or dance educator looking to deepen technique. 2 of 2 people found the following review helpful. fantasticBy gardenfairy This book is exactly what I've been looking for.... Finding practical application to dance of the Alexander Technique with procedures to do so

In *Dance and the Alexander Technique*, Rebecca Netti-Fiol and Luc Vanier utilize their ten years of research on developmental movement and dance training to explore the relationship between a specific movement technique and the basic principles of support and coordination. The Alexander Technique, developed in the early twentieth century by F. M. Alexander, can be used to enhance dexterity in all types of activities, from everyday actions as mundane as tooth-brushing to highly demanding dance movements. Applying the tenets of this technique through the lens of a specific subset of principles called the Dart Procedures, the authors offer a unique approach for using the Alexander Technique in dance and other activities. The principles of this technique are used by people in all walks of life and have proven to be effective for enhancing performance and improving overall health and well-being.

"So few other books offer practical guidance or outline experiential practices that help dancers understand how to apply the Alexander Technique, the art and science of embodied living. Netti-Fiol and Vanier eloquently and clearly help readers learn how to access their bodily sensations and utilize them to organize efficient, easy, and elegant movement."--Glenna Batson, associate professor of physical therapy at Winston-Salem State University