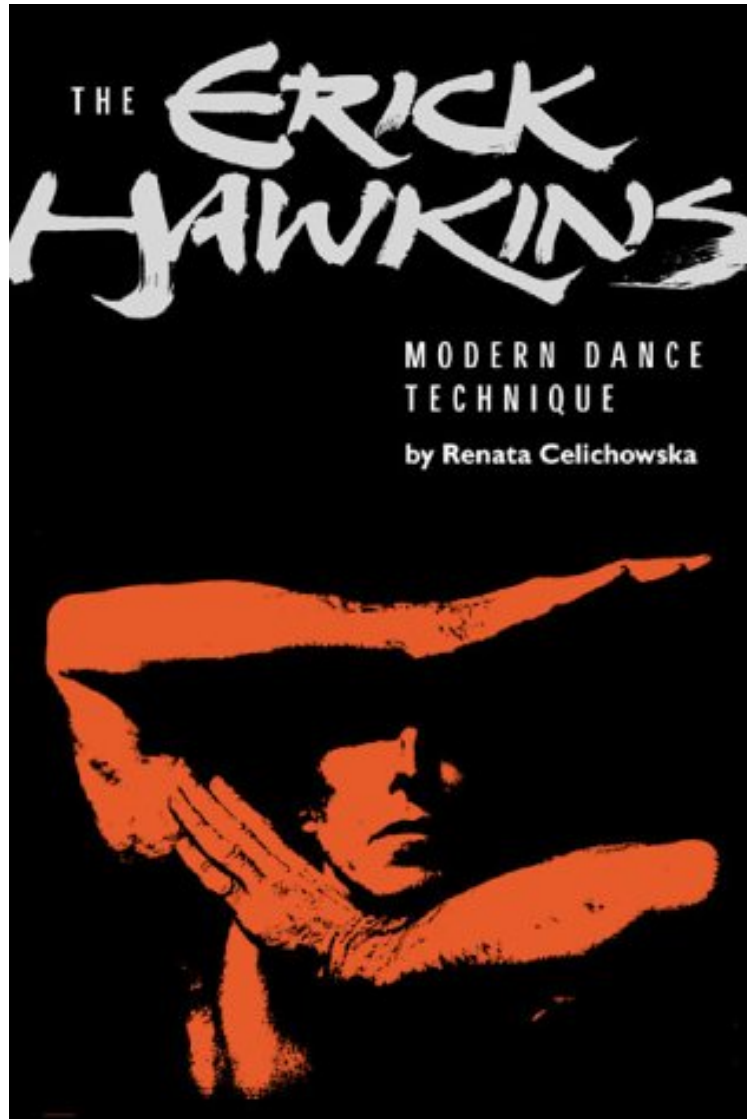


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## The Erick Hawkins Modern Dance Technique

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**Renata Celichowska : The Erick Hawkins Modern Dance Technique** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Erick Hawkins Modern Dance Technique:

0 of 0 people found the following review helpful. Five Stars By Shawn Great work! 1 of 1 people found the following review helpful. The practical guide By Nadejda Agapova This book is a practical guide to a better understanding of Erick Hawkins modern dance technique and your own body. I was positive surprised!

The Hawkins dance technique embodies the philosophy that dance should integrate the body, mind, and soul while always following scientific principles. This system of dance training an approach that continues to influence dancers around the world is examined through a variety of illustrations. Photographs of dancers illustrate the technique in action. Drawings demonstrate the relationship between movements of the body and everyday objects, such as the similarities between a spiral action of the spine and a barbers pole or winding staircase. This vibrant text examines Hawkins's originality, philosophical thinking, and teaching methods.

"The daring and innovative visions of Erick Hawkins rewrite the rules of what dance can tell us." -- Mikhail Baryshnikov  
About the Author Renata Celichowska became a member of the Erick Hawkins Dance Company in 1989 and is currently adjunct professor for the dance education program at New York University. She lives in New York City.