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Dynamic Alignment Through Imagery

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Dynamic Alignment Through Imagery This book should be on every bookshelf for teachers of exercise or sports. The anatomical information is digestible. Each subject has suggestions for imagery to use in teaching.

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Dynamic Alignment Through Imagery : Eric Franklin ...

Eric Franklin has author over 21 books, including of Dynamic Alignment through Imagery (2012), Dance Imagery for Technique and Performance (2013), Relax your Neck – Liberate your Shoulders (2002), Pelvic Power (2003), Inner Focus, Outer Strength (2006) and Beautiful Body, Beautiful Mind (2009) and his newest book Grow Younger Daily (2016).

Dynamic Neurocognitive Imagery (DNI)™ | Franklin Method

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Dynamic Alignment Through Imagery - Eric N. Franklin ...

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Dynamic Alignment Through Imagery - Fitness Professionals

Extended from dance field to every kind of human movement, this method combines dynamic science-based imagery, touch, anatomical embodiment and educational skills to create lasting positive change in body and mind, using a range of simple tools, like balls, Theraband, and other daily life objects.