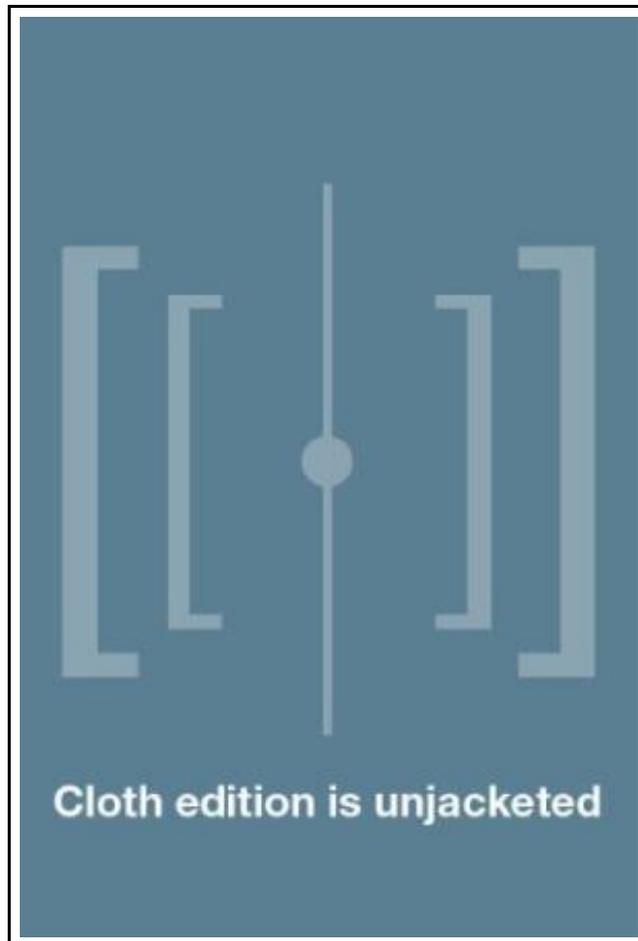


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DANCE AND THE ALEXANDER TECHNIQUE: EXPLORING THE MISSING LINK



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University of Illinois Press, Urbana and Chicago, 2011. Hardcover. Book Condition: New. 216 pages. Hardcover as issued without dustjacket. New book. **DANCE**. A practical guide and DVD on the art of enhancing movement performance In **Dance and the Alexander Technique**, Rebecca Nettle-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. Amply illustrated and supplemented with a DVD that demonstrates the concepts and applications of the Alexander Technique, this book will be highly instrumental for dancers, teachers of dance, and anyone interested in giving everyday movements more efficiency, dexterity, and elegance. Rebecca Nettle-Fiol is a professor of dance at the University of Illinois at Urbana-Champaign, a dance choreographer, and the coeditor of *The Body Eclectic: Evolving Practices in Dance Training*. Luc Vanier is an associate professor in the dance department at the University of Wisconsin-Milwaukee's Peck School of the Arts and a dance choreographer. "This is a valuable book for the dance industry. While the book contains a considerable wealth of information, the writing is clear and the exercises are easy to follow. It would be possible..."



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