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Taking Root To Fly: Articles On Functional Anatomy



Synopsis

This text includes 10 articles covering such topics as "In Honor of the Foot", "Finding Your Center", and "Visualizing Movement Potential". With grace and finesse, Dowd illuminates essential topics for the dancer or anyone practicing movement arts, such as grounding and the source of core postural support.

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Customer Reviews

This text includes 10 articles covering such topics as "In Honor of the Foot", "Finding Your Center", and "Visualizing Movement Potential". With grace and finesse, Dowd illuminates essential topics for the dancer or anyone practicing movement arts, such as grounding and the source of core postural support.

The book is informative but densely written, leaving the elaboration of concepts to the reader's practice. Definitely wrote from the dancer's point of view, it is a very different approach to physical transformation. Dave W.

I bought two copies of this book. I think this is telling how I much and appreciate this book. It is both a beautiful object, beautifully written and amazing contents. Irene Dowd approach changed my life. I would suggest to buy ALS The Thinking Body.

I'm enjoying this book so far. Nice little treasures of information.

Very technical and artsy - but format visuals and key insights make book worth while.

Recommended if you are interested in movement

Incredible wisdoms. beautiful illustrations. a good book to have if you want to discover a new way to be in your own body.

Beautiful illustrations.

life changing. irene dowd writes beautifully.

Just as described and swiftly sent.

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