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Dance And The Alexander Technique



Synopsis

In *Dance and the Alexander Technique*, Rebecca Nettl-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.

Book Information

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Customer Reviews

"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. Nettl-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"An articulate and accessible in-depth synthesis of the Alexander Technique and traditional dance training. With clear, intriguing, and insightful writing, the authors demonstrate a depth of knowledge in somatic practice theory."--Kathryn Daniels, Chair, Dance Department at Cornish College of the Arts, Seattle

"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 to use exercises directly from the book or DVD. . . . Dancers will benefit from owning this book, but it will be most valuable in the hands of dance teachers, who can pass on the information through experiential workshop sessions to their students."

•Research in Dance Education

A practical guide and DVD on the art of elegant everyday movements

I have to read this for an Alexander Techniques class, and I was reluctant to start it. I've had joint, back, and muscle problems for years, and so far, I have found a deeper understanding on how to prevent my pain to a certain degree. I also have found the lives of Alexander instructors interesting, and would recommend this book to anyone interested in bettering themselves or to understand movement and preventative measures for muscles injuries caused by our habits.

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.

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 Nettl-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.

This book is exactly what I've been looking for.... Finding practical application to dance of the Alexander Technique with procedures to do so

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