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Anatomy of Movement
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Springboard and Platform Diving
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Inner Focus, Outer Strength

Survival Guide for Coaching Youth Softball

Full of Exercises, Training Tips, and Injury Remedies That Every Cyclist and Coach Should Have! Every year, more and more people take up cycling to get in shape and stay fit. Thousands of people are buying new bikes with the latest technology, entering races, and even forgoing rush hour traffic and crowded public transportation to ride to work. But the joy and thrill of cycling are often marred by injuries that can bother you for a few weeks or for years. That's why every cyclist needs to have *Anatomy, Stretching & Training for Cyclists*. Lisa Purcell includes a detailed exercise program that is designed for cyclists from beginner to advanced levels and that is devised to strengthen and stretch the major muscle groups used in cycling. She provides answers and tools for training, including:

- Step-by-step photos
- Tests to assess your form
- An assessment of cycling gear
- Exercises to improve your core
- The truth about stretching
- And much more!

Featured are targeted stretches to increase flexibility and a wide-ranging selection of exercises that thoroughly strengthen the legs and arms and build both core strength and stability, as well as hone your balance and posture on the bike. A handy guide lets you know which muscles are the main targets of each exercise, as well the exercise's benefits and cautions, along with tips on perfecting your form. With a series of sample workouts that show you how to devise a training program to suit your unique goals, *Anatomy, Stretching & Training for Cyclists* is the ultimate reference for anyone wanting to achieve optimal cycling fitness.

Functional Awareness

Franklin shows readers how to use imaging techniques to improve posture and alignment, and to release excess tension. The illustrations help explain the images and exercises, and show how to use them in a variety of contexts.

Basketball Offenses & Plays

Combining scientific principles with movement and imagery exercises that are both effective and fun, this book demonstrates how to create a stronger body by toning the pelvic floor. Focusing on the biomechanics of the pelvic floor, which acts as a support for the inner organs and contains a passage for the urethra, the sex organs, and the rectum, this guide shows how the pelvic floor plays an important role in almost all movements, balance, and body posture. The exercises train the muscles and joints and improve the tone of the organs, thereby increasing energy flow, eliminating incontinence, and keeping sexual organs healthy. The mind-body techniques are used to increase awareness of this part of the body and to improve sexual stamina.

The Miracle of Mind Dynamics

Mabel Todd's *The Thinking Body* (1937) still stands today as a classic study of human

anatomy and kinesiology that introduces many of the founding principles of somatic movement education. TBI Media offers a Special Edition of the book which replicates the style of the original cover, typography and drawings and provides an updated index.

Franklin Method Ball and Imagery Exercises for Relaxed and Flexible Shoulders, Neck and Thorax

Created by Joseph Pilates during the early 20th century, Pilates is used by millions today to improve their physical and mental well-being. Much of its appeal lies in its simple, low-impact approach, which is ideal for injury prevention, rehabilitation, and general physical health. Based on a series of precise movements and the employment of equipment such as rubber balls and exercise bands, Pilates emphasizes concentration, control, alignment, core stability, and proper breathing. The Anatomy of Pilates shows what actually happens to the body's muscles and joints during Pilates exercises. Each two-page spread features detailed anatomical illustrations of an exercise (with muscle actions highlighted in red), a detailed description of the exercise and its objectives, the particular breathing pattern to be used, a list of the specific muscles being worked, visualization techniques, complementary exercises, and more. The Anatomy of Pilates is an accessible, authoritative guide for current and prospective teachers of Pilates, practitioners at all skill levels, physical therapists, and other health professionals.

Happy Feet

Franklin shows readers how to use imaging techniques to improve posture and alignment, and to release excess tension. The illustrations help explain the images and exercises, and show how to use them in a variety of contexts.

Safe Dance Practice

Any runner can tell you that the sport isn't just about churning out miles day in and day out. Runners have a passion, dedication, and desire to go faster, longer, and farther. Now, *The Art of Running Faster* provides you with a new approach to running, achieving your goals and setting your personal best. Whether you're old or young, new to the sport or an experienced marathoner, this guide will change how you run and the results you achieve. *The Art of Running Faster* challenges the stereotypes, removes the doubts and erases the self-imposed limitations by prescribing not only what to do but also how to do it. Inside, you will learn how to

- overcome the obstacles that prevent you from running faster, more comfortably, and with greater focus;
- rethink conventional training methods, listen to your body, and challenge traditional running 'norms';
- customize your training program to emphasize the development of speed, strength, and stamina;
- shift gears, reach that next level of performance, and blow past the competition.

In this one-of-a-kind guide, former world-class runner Julian Goater shares his experiences, insights and advice for better, more efficient and faster running. Much

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more than training tips and motivational stories, *The Art of Running Faster* is your guide to improved technique and optimal performance. Let Julian Goater show you a new way to run faster, farther and longer.

Grow Younger Daily

Renowned master teacher Eric Franklin has thoroughly updated his classic text, *Dance Imagery for Technique and Performance*, providing dancers and dance educators with a deep understanding of how they can use imagery to improve their dancing and artistic expression in class and in performance. These features are new to this edition:

- Two chapters include background, history, theory, and uses of imagery.
- 294 exercises offer dancers and dance educators greater opportunities to experience how imagery can enhance technique and performance.
- 133 illustrations facilitate the use of imagery to improve technique, artistic expression, and performance.
- Four exercises taught by Franklin and available on HK's website help dancers with essential rest and relaxation techniques.

Franklin provides hundreds of imagery exercises to refine improvisation, technique, and choreography. The 295 illustrations cover the major topics in the book, showing exercises to use in technique, artistic expression, and performance. In addition, Franklin supplies imagery exercises that can restore and regenerate the body through massage, touch, and stretching. And he offers guidance in using imagery to convey information about a dancer's steps and to clarify the intent and content of movement. This new edition of *Dance Imagery for Technique and Performance* can be used with Franklin's *Dynamic Alignment Through Imagery, Second Edition*, or on its own.

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Either way, readers will learn how to combine technical expertise with imagery skills to enrich their performance, and they will discover methods they can use to explore how imagery connects with dance improvisation and technique. *Dance Imagery for Technique and Performance* uses improvisation exercises to help readers investigate new inner landscapes to create and communicate various movement qualities, provides guidelines for applying imagery in the dance class, and helps dancers expand their repertoire of expressiveness in technique and performance across ballet, modern, and contemporary dance. This expanded edition of *Dance Imagery for Technique and Performance* supplies imagery tools for enhancing or preparing for performance, and it introduces the importance of imagery in dancing and teaching dance. Franklin's method of using imagery in dance is displayed throughout this lavishly illustrated book, and the research from scientific and dance literature that supports Franklin's method is detailed. The text, exercises, and illustrations make this book a practical resource for dancers and dance educators alike.

Integrative Performance

Many scientific sport assessment resources are difficult to understand, can be time consuming to implement, and provide data that are difficult to analyze. *Assessments for Sport and Athletic Performance* effectively solves those problems in this practical, user-friendly guide to performance-based evaluation. A perfect resource for coaches and fitness professionals, *Assessments for Sport and Athletic Performance* is a streamlined guide through the process of identifying appropriate tests for individuals or teams, making use of common low-cost

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equipment to administer the tests, interpreting data, adjusting training programs based on the results, and continually monitoring the training.

Dance Imagery for Technique and Performance

Dr. Noakes explores the physiology of running, all aspects of training, and recognizing, avoiding, and treating injuries. 133 illustrations.

Relax Your Neck, Liberate Your Shoulders

Franklin provides 583 imagery exercises to improve dance technique, artistic expression and performance. More than 160 illustrations highlight the images, and the exercises can be put to use in dance movement and choreography.

Dance Anatomy

"Through the Franklin training, learn to see movement more clearly, correct movement patterns more easily and teach with a greater sense of joy and fun than ever before"--P. [4] of cover

The TV Showrunner's Roadmap

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Experience the raw energy and aesthetic beauty of dance as you perfect your technique with Dance Anatomy. Featuring hundreds of full-color illustrations, Dance Anatomy presents more than 100 of the most effective dance, movement, and performance exercises, each designed to promote correct alignment, improved placement, proper breathing, and prevention of common injuries. The exercises are drawn in stunning detail, capturing the dancer in motion and highlighting the active muscles associated with each movement so you can develop and strengthen different areas of the body. You will clearly see how muscular development translates into greater poise and elegance on the stage. Each chapter addresses a key principle of movement to help you improve performance, beginning with the center of the body, where dance begins. You will learn exercises to target specific areas, such as shoulders and arms, pelvis, and lower legs to enhance flexibility and ensure safety. You will also discover more efficient ways of improving your lines and technique by implementing a supplementary conditioning program that takes into account your changing cycles of classes, practices, and times of rest. Regardless of your ability level or dance style, Dance Anatomy will help you master the impeccable balance, intense muscular control, and grace to prepare you for your next leading role!

Ideokinesis

Franklin shows readers how to use imaging techniques to improve posture and alignment, and to release excess tension. The illustrations help explain the images and exercises, and show how to use them in a variety of contexts.

Coaching Volleyball Technical and Tactical Skills

Lee Rose has been one of basketball's most knowledgeable and respected coaches over the past 50 years at the high school, college, and professional levels. *Winning Basketball Fundamentals* presents his proven program for success, the same one he used in taking teams from two different colleges to the Final Four. From offense to defense to transition play and special situations, Rose covers every tactical facet of the game and adds his insights for improving execution in each. He presents popular offensive systems—the Triangle, LA, Flex, Dribble Drive, and Motion—as well as man-to-man and zone defensive schemes, with suggestions for when and how to deploy and adjust them. Rose also teaches all the essential individual skills required for performing those tactics proficiently and consistently, with special tips for executing when the game is on the line. Perimeter- and post-specific instruction and drills will help players build on their skills through practice. Coach Rose also shares his Performance Rating System—a tool he's used time and again to develop some of the game's top players. Rose explains not only how to identify strengths and weaknesses but also how to use that information to maximize the potential of individual players and the team. Flashy and fluke plays might be fun to watch, but you can't build a successful season or career on them. *Winning Basketball Fundamentals* is the proven formula for developing the solid individual skills and team tactics you can count on game after game.

The Nikolais/Louis Dance Technique

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The mental technique of imagery—demonstrated, for example, when a dancer pictures a sunflower reaching toward the sun as he/she stretches upward—is thoroughly explained in this guide to daily stress-relieving routines. Movement, coordination, flexibility, and posture are discussed as external characteristics that can be improved significantly with a strong inner focus, and the same conclusion is reached in chapters on the benefits of good mental health for circulation, breathing, and even individual body cells. Practical advice proceeds from this background information, including how to choose and use an assortment of personal mental images, how to use tricks such as "mental recycling," and how to set up an imagined "portable fitness studio" during stress-inducing dead time waiting in line, climbing stairs, sitting in an airplane seat, talking on the telephone, or running the vacuum cleaner.

Dynamic Alignment Through Imagery

Functional Awareness: Anatomy in Action for Dancers is where anatomy meets artistry. Each chapter provides explorations in embodied anatomy in an engaging manner with the use of images, storytelling, and experiential exercises. It is an accessible introduction to the relationship between daily movement habits, dance training and anatomy. The information is founded on over 30,000 hours of experience teaching and training dancers to generate efficient exertion and appropriate recuperation. Functional Awareness: Anatomy in Action for Dancers employs somatic practices along with explorations in experiential anatomy to awaken the body-mind connection and improve movement function. The book applies the Functional Awareness(r) approach to improve dance technique and provide skills to enable the dancer to

move with balance and grace in the classroom, on stage, and in daily life.

Conditioning for Dance 2nd Edition

If you've ever dreamed of being in charge of your own network, cable, or web series, then this is the book for you. The TV Showrunner's Roadmap provides you with the tools for creating, writing, and managing your own hit show. Combining his 20+ years as a working screenwriter and UCLA professor, Neil Landau expertly guides you through 21 essential insights to the creation of a successful show, and takes you behind the scenes with exclusive and enlightening interviews with showrunners from some of TV's most lauded series, including: Breaking Bad Homeland Scandal Modern Family The Walking Dead Once Upon a Time Lost House, M.D. Friday Night Lights The Good Wife From conception to final rewrite, The TV Showrunner's Roadmap is an invaluable resource for anyone seeking to create a series that won't run out of steam after the first few episodes. This groundbreaking guide features a companion website with additional interviews and bonus materials.

www.focalpress.com/cw/landau So grab your laptop, dig out that stalled spec script, and buckle up. Welcome to the fast lane.

Conditioning for Dance

You volunteered to coach the softball team, but are you ready? How will you teach the

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fundamental skills, run effective practices, and harness the energy of your young team? Fear not: *Survival Guide for Coaching Youth Softball* has the answers. Longtime coaches Robert and Tammy Benson share their experiences and provide advice you can rely on from the first practice to the final game. Establishing realistic goals, in-game coaching tips, drills, strategies, and fun—it's all here. Develop your team's fundamental skills—fielding, catching, throwing, and hitting—with the *Survival Guide's* collection of the game's best youth drills. Included is a section on pitching instruction, and the ready-to-use practice plans will help you get the most out of every practice. *Survival Guide for Coaching Youth Softball* has everything you need for a rewarding and productive season. So step up and enjoy the experience. It will be one that you won't forget.

The Complete Guide to Postnatal Fitness

Eric Franklin's first edition of *Conditioning for Dance* was a bestseller—and it is back and better than ever, offering state-of-the-art conditioning exercises for dancers. An internationally renowned master teacher, Franklin has developed a science-based method of conditioning that is taught and practiced in companies and schools around the world. In this new edition of *Conditioning for Dance*, he integrates the latest scientific research on strength, flexibility, and conditioning into his dance exercises.

The Thinking Body

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Conditioning for Dance features 170 imagery illustrations paired with 160 dance-specific exercises to help you maximize body-mind conditioning. The book culminates with a 20-minute, full-body workout routine designed to help you warm up, condition, and refine your dance technique.

Dance Imagery for Technique and Performance, Second Edition

The third edition of this Complete Guide. A guide for new mums, fitness leaders and physios on how to regain fitness following the birth of a baby, including lots of exercises, advice, and all relevant anatomy and physiology. Clearly explained, fully updated and packed with exercises. Includes new guidance and up to date references, and all illustrations replaced with new photographs.

The Anatomy of Pilates

This guide shows how imagery and touch can be used to eliminate stiffness and pain. An explanation of the anatomy of the shoulders provides a better understanding of how improving the alignment of the head, neck, and shoulders helps ease strain on muscles and joints and promotes an aura of confidence and health.

Pelvic Power

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If you're serious about improving accuracy, increasing consistency, and achieving competitive success, Archery is your guide. Featuring the in-depth instruction, insight, and advice from the world's top coaches and archers, Archery sets a new standard in resources for those who compete with the recurve or compound bow. Archery includes a wealth of information on perfecting stance, body alignment, muscle recruitment, and shot sequence. You'll master the skills and techniques taught at the U.S. Olympic Training Center by legendary coach KiSik Lee. Then you'll prepare for competition:

- Select and properly tune equipment.
- Develop a winning shot sequence.
- Set up, draw, and complete the shot.
- Maximize practice time.
- Train physically and mentally for competition.
- Develop a successful tournament strategy.

Developed by USA Archery, Archery is an invaluable resource you'll refer to again and again.

Archery

Dance Improvisations: Warm-Ups, Games and Choreographic Tasks will provide assistance with any doubts that dancers and teachers might have with improvisation. This practical book promotes creativity that can lead to innovative breakthroughs among students from middle school age through college. With Dance Improvisations: Warm-Ups, Games and Choreographic Tasks, you receive

- expert instruction in planning, teaching, and assessing students' improvisations;
- 73 activities in creating movement and material for choreographing dances;
- a glossary of dance and choreographic terms; and
- extensions of each improv to aid further exploration and development of the improvisation skills.

The activities support all portions of your class—including improvisation lessons that you can use as warm-ups, games

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that stimulate creativity, and choreographic tasks for creating movement material. Each activity has been tested and refined by the author, a veteran dance instructor and choreographer. You can use the improves individually in a lesson or use them in developing entire lesson plans. The step-by-step instruction and teaching tips that you receive save you valuable preparation time—and the instructions are clear enough that more experienced students can use the book to practice on their own. With *Dance Improvisations: Warm-Ups, Games and Choreographic Tasks*, you will find new ways to help your dancers create original movements through both individual and group activities. Your students will hone their creative responses, and the innovation and energy in your dance classes will fill your studio or classroom. Students will blossom and gain inspiration using these improvisations as they learn how to develop movement and choreograph studies.

Winning Basketball Fundamentals

First Published in 2005. Routledge is an imprint of Taylor & Francis, an informa company.

Lore of Running

Integrative Performance serves a crucial need of 21st-century performers by providing a transdisciplinary approach to training. Its radical new take on performance practice is designed for a climate that increasingly requires fully rounded artists. The book critiques and interrogates

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key current practices and offers a proven alternative to the idea that rigorous and effective training must separate the disciplines into discrete categories of acting, singing, and dance. Experience Bryon's Integrative Performance Practice is a way of working that will profoundly shift how performers engage with their training, conditioning and performance disciplines. It synthesizes the various elements of performance work in order to empower the performer as they practice across disciplines within any genre, style or aesthetic. Theory and practice are balanced throughout, using: Regular box-outs, introducing the work's theoretical underpinnings through quotes, case studies and critical interjections. A full program of exercises ranging from training of specific muscle groups, through working with text, to more subtle structures for integrative awareness and presence. This book is the result of over twenty years of practice and research working with interdisciplinary artists across the world to produce a training that fully prepares performers for the demands of contemporary performance and all its somatic, emotive and vocal possibilities.

Understanding the Pelvis

The Anatomy of Exercise and Movement for the Study of Dance, Pilates, Sports, and Yoga

Mabel Elsworth Todd pioneered ideokinesis in the 1920s. Her book, *The Thinking Body*,

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described new ways to use all the senses as well as inner feeling and imagination to retrain the body to move with ease and balance. The system became an invaluable tool for generations of dancers, actors, and performance artists, thanks largely to one of its most important teachers, André Bernard (1924-2003). This book presents an introduction to the practice as well as a lengthy interview with Bernard and two meticulously detailed workshop protocols illustrated with 52 photographs and line drawings.

Anatomy of Movement

""The tens of millions of people who participate in or instruct dance, pilates, sports, and yoga will find this book an essential tool that explains the mechanics behind physical movement, recommends strengthening and stretching exercises, and helps avoid injury."--Provided by publisher"--

Anatomy, Stretching & Training for Cyclists

As a volleyball coach, you may have wondered how your players could perform so well in practice, only to lose focus in the big match. Written in conjunction with renowned collegiate volleyball coach and long-time USA Volleyball clinician Cecile Reynaud, *Coaching Volleyball Technical and Tactical Skills* is the source coaches can turn to for teaching players ages 14 and older the essential skills of volleyball and translating that knowledge and effort into a

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winning performance on match day. Supplemented by more than 115 photos, this book provides you with in-depth discussions and coaching cues on the basic and intermediate technical skills of volleyball, both offensive and defensive, and shows you how to detect and correct errors in player performance. The book goes a step further than other texts by incorporating the tactical skills of the game, the situational decisions that often affect the outcomes of matches. Also included are tips for communicating with players and parents, scouting opponents, and motivating players. To keep you organized, a sample season plan and eight sample practice plans incorporating small-sided games are featured that you can use as is or modify to suit your needs. With *Coaching Volleyball Technical and Tactical Skills*, infused with Coach Reynaud's 26-plus years of collegiate coaching experience, you will improve your performance as a teacher and tactician of the game of volleyball and see results not only in practice but also in matches.

Dance Improvisations

With this new handbook, coaches learn how to make the right call every time their basketball team has the ball. Each section contains a variety of sets and plays, all clearly explained and diagrammed.

Assessments for Sport and Athletic Performance

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"The first part of the book covers anatomy and biomechanics of the pelvis, and the second part includes 26 exercises for yoga practitioners and students specifically focused on strengthening the pelvis"--

The Art of Running Faster

Grow Younger Daily: An Insider's Guide to the Life-Changing Use of Imagery The phrase "Mind over matter" takes on new significance when linked to research into the undeniable connection between imagery and physical and mental health. In other words, if you can imagine it, you can become it. Athletes, dancers and fitness experts have used sophisticated mental imagery to enhance their performance, and now you can too. The Franklin Method, developed by author Eric Franklin, combines movement and Dynamic Neurocognitive Imagery (DNI)[™] to harness the transforming power of the mind to move efficiently and keep the physical body young and energized. With the power to change the body from the inside out, imagery can influence and rejuvenate everything from individual cells to the immune system and organs, showing that remaining young is largely a question of attitude. Grow Younger Daily provides a roadmap to creating lasting positive physical and mental changes by describing how to harness the plasticity and transformative power of the mind, thanks to the author's decades of firsthand experience and practice. Acknowledging the power of change is the first step to a younger, healthier you.

Beautiful Body, Beautiful Mind

Endorsed by USA Diving, Springboard and Platform Diving breaks down the phases of each dive while providing expert instruction to improve performance. The book includes high-quality photos, mental strategies, and numerous drills, and worksheets, making it the ideal resource for divers and coaches alike.

Dynamic Alignment Through Imagery

Here, at last, is a simple yet powerful way to place your subconscious mind in direct contact with the Universal Mind - the all-seeing, all-knowing, all-powerful collective subconscious of the human race! Through the centuries this Mind has been called many things: God, Nature, the Infinite Intelligence and many other names. Now a brilliant minister-scientist offers positive proof that this power exists - and shows you how you can tap it by means of an amazing, step-by-step, 60 SECOND ACTION PLAN. This simple yet powerful method can place the subconscious mind in direct contact with the Universal Mind--the all-seeing, all-knowing collective subconscious of the human race. Dr. Murphy offers positive proof this power exists.

Breathing for Peak Performance

Safe Dance Practice bridges the gap between research and application for dancers and dance

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educators at all levels. The book presents integrated guidelines and principles that will maximize physical and mental well-being without compromising creativity and expression.

Springboard and Platform Diving

Emphasizing lifestyle and mental attitude rather than surgery, creams, or pills, this fantastic manual is the key to staying young through mental stimulation, self-talk, setting of goals, motivation, and relaxation. The revolutionary Franklin Method of health proposes that living healthily is mostly a question of habits and that these habits are mirrored in the quality of our thoughts and in our daily life. Focusing on methods of concentration, measured breathing, and the power of imagination, this program provides a selection of different mental techniques from the Franklin Method designed to produce results that can be seen and felt in only 10 days. More importantly, when combined with a balanced diet, these exercises can awaken even the sleepest of minds to the possibility of a longer and more fulfilling life.

Dynamic Alignment Through Imagery

Breathing for Peak Performance presents detailed anatomical information related to optimal breathing function and offers 35 breathing exercises. This text uses the famed Franklin Method, which combines movement, imagery, and touch to improve functional breathing technique.

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