Experiential Anatomy in Dance Technique

Experiential Anatomy in Dance Technique: 8 skeletal explorations

This dvd offers clear methods to integrate anatomy into your technique classes, while still allowing for a class that is physically rigorous and about moving. Eight units demonstrate ways for exploring specific joints of the body, followed by phrase work from classes. Instructors use this for teaching, and students often use it on their own.

Related Links:
Human Kinetics Publishing

People Involved: Jennifer Salk

Status of Research or Work: Completed/published

Research Type:
- Publications
- Film/Video

Related Fields:
- Anatomy and Biomechanics
- Body
- Career Preparation
- Dance
- Dance Pedagogy
- Education
- Integrated Dance
- Modern Dance
- Somatics

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