



# **TAKING ROOT TO FLY**

**articles on functional anatomy      by Irene Dowd**

# Taking Root To Fly Articles On Functional Anatomy

**Scott C. Dulebohn**



## **Taking Root To Fly Articles On Functional Anatomy:**

**Taking Root to Fly** Irene Dowd,1995 The seven articles previously appeared in the following magazines Dance Scope Eddy Contact Quarterly Taking Root to Fly Irene Dowd,1981 *Taking Root to Fly* Irene Dowd,1990 *A Guide to a Somatic Movement Practice* Nancy Topf,2022-07-12 In this introduction to the work of somatic dance education pioneer Nancy Topf readers are ushered on a journey to explore the movement of the body through a close awareness of anatomical form and function Functional Awareness Nancy Wanich-Romita,Allegra Romita,2023 Dancers train for long hours to condition the body to perform stunning acts of artistry through movement expression Daily tasks outside of dance training can unwittingly compromise the diligent efforts during classwork and rehearsals The book goes beyond descriptions of the musculoskeletal system to improve performance The reflective practice of Functional Awareness R teaches strategies to change daily habits in living and demonstrates how these small simple shifts can have a profound effect on ease in action This book introduces the reader to the reflective practice of Functional Awareness R It uses foundational information of anatomy and motor learning to guide the reader toward a deeper understanding of their personal body structure The movement explorations and anatomical visualizations to improve dance skills and provide lifelong tools for body wellness Each chapter provides essentials in functional anatomy with over 60 beautiful illustrations to buoy the reader through the content An application to improve specific dance movements using mental training through anatomical visualizations along with tactile body mapping Finally each chapter contains a mindful practice to integrate the practices into daily life in order to release unnecessary tension improve posture and better support the body outside of dance class and rehearsals **Yoga Anatomy** Leslie Kaminoff,Amy Matthews,2021-09-24 With more than a million copies sold Yoga Anatomy has become an invaluable resource for yoga practitioners enthusiasts and instructors around the world Expanded and updated the third edition of Yoga Anatomy will provide you with an even deeper understanding of yoga and of the structures and principles underlying each movement Building on the success of its predecessors this revamped edition features new content to further augment your yoga practice A new chapter offering history and context for the idea that anatomy is a story Updated chapters on the skeletal and muscular systems A new chapter on the nervous system that outlines its key functions and roles in the body Significantly expanded breathing and spine chapters to address disc anatomy and damage as well as back pain Newly added Cueing Callouts to provide tips and advice on teaching or performing a pose New stick figure icons to simply depict the alignment of each pose for quick reference A Breathing Inquiry section with each asana to illuminate the connection between breathing and a movement practice This beautifully illustrated resource sorts yoga poses into six sections standing sitting kneeling supine prone and arm supports and provides an inside look into each pose to offer a better understanding of the interactions of the muscles joints and nervous system that we use to create movement and breathing Authors Leslie Kaminoff and Amy Matthews both internationally respected specialists in yoga and breath anatomy offer a solid grounding in

the principles of physical practice common to many systems of yoga Whether you are just beginning your journey or have been practicing for years Yoga Anatomy will be an invaluable resource one that allows you to see each movement in an entirely new light     **The ^ANatural Body in Somatics Dance Training** Doran George,2020-10-05 The Natural Body in Somatics Training looks at what happens in the dance studio as dancers learn physical skills and in doing so also assimilate aesthetic ethical and political values It takes us backstage so as to show how dancers come to share certain beliefs and opinions and thereby come to form community     BodyStories Andrea Olsen,2020-02-04 BodyStories is a book that engages the general reader as well as the serious student of anatomy Thirty one days of learning sessions heighten awareness about each bone and body system and provide self guided studies The book draws on Ms Olsen s thirty years as a dancer and teacher of anatomy to show how our attitudes and approaches to our body affect us day to day Amusing and insightful personal stories enliven the text and provide ways of working with the body for efficiency and for healing BodyStories is used as a primary text in college dance departments massage schools and yoga training programs internationally

**BodyDreaming in the Treatment of Developmental Trauma** Marian Dunlea,2019-04-24 Winner of the NAAP 2019 Gradiva Award Winner of the IAJS Book Award for Best Book published in 2019 Marian Dunlea s BodyDreaming in the Treatment of Developmental Trauma An Embodied Therapeutic Approach provides a theoretical and practical guide for working with early developmental trauma This interdisciplinary approach explores the interconnection of body mind and psyche offering a masterful tool for restoring balance and healing developmental trauma BodyDreaming is a somatically focused therapeutic method drawing on the findings of neuroscience analytical psychology attachment theory and trauma therapy In Part I Dunlea defines BodyDreaming and its origins placing it in the context of a dysregulated contemporary world Part II explains how the brain works in relation to the BodyDreaming approach providing an accessible outline of neuroscientific theory structures and neuroanatomy in attunement affect regulation attachment patterns transference and countertransference and the resolution of trauma throughout the body In Part III through detailed transcripts from sessions with clients Dunlea demonstrates the positive impact of BodyDreaming on attachment patterns and developmental trauma This somatic approach complements and enhances psychobiological developmental and psychoanalytic interventions BodyDreaming restores balance to a dysregulated psyche and nervous system that activates our innate capacity for healing changing our default response of fight flight or freeze and creating new neural pathways Dunlea s emphasis on attunement to build a restorative relationship with the sensing body creates a core sense of self providing a secure base for healing developmental trauma Innovative and practical and with a foreword by Donald E Kalsched BodyDreaming in the Treatment of Developmental Trauma An Embodied Therapeutic Approach will be essential reading for psychotherapists analytical psychologists and therapists with a Jungian background arts therapists dance and movement therapists and body workers interested in learning how to work with both body and psyche in their practices     Dance Wellness Wilmerding, Mary

Virginia, Krasnow, Donna, International Association for Dance Medicine & Science, 2016-10-12 *Dancer Wellness* created by the International Association for Dance Medicine Science offers guidance on the foundations mental components and physical aspects of dancer wellness Readers will learn concepts and strategies to develop as dancers and to create their own dancer wellness plan

**EveryBody is a Body: Second Edition** Karen Studd, Laura Cox, 2019-05-15 *Movement connects us all* We are all moving all of the time The moving body is the foundation of human activity In a world where technological advancement allows for instant global connections we are becoming increasingly disembodied This gives rise to dis ease in our physical emotional and intellectual selves This book promotes increased awareness of the power and potential of human movement It takes into account personal uniqueness as well as the universal aspects of what it means to be human This book is for every body In order to experience life to its fullest it is important to keep in touch with our moving selves It is not a how to book We are not advocating a specific movement technique or practice It is about re discovering that you are a mover and that movement is not just an activity Our movement is the expression of ourselves in the world This second edition includes expanded chapters and appendices further explicating the Laban Bartenieff Movement System LBMS for the benefit of students in movement analysis training programs The text s additions also serve as a testimony to the ongoing development of this system

**Harnessing the Wind** Jan Erkert, 2003 Illustrated with abstract and imaginative photographs this is a philosophical guide for the dance field about the art of teaching modern dance Integrating somatic theories scientific research and contemporary aesthetic practices it asks the reader to reconsider how and why they teach

**Discovering the Body's Wisdom** Mirka Knaster, 2010-12-29 In an attractive oversized format enlivened with illustrations sidebar quotes personal accounts techniques to try and profiles of leaders in the field *Discovering the Body's Wisdom* is a basic resource for well being and natural health Body disciplines and therapies have enjoyed phenomenal growth in the past decade becoming a major alternative to mainstream medicine and traditional psychotherapy But with more than 100 000 practitioners and dozens of methods available in the United States alone how can consumers choose the right one for themselves Mirka Knaster s richly informative guide provides an overview of the principles and theories underlying the major Eastern and Western body therapies or bodyways It shows readers how to befriend their own bodies getting back in touch with their internal sources of health and wisdom It also describes more than 75 individual approaches answering such questions as How does each therapy work What can we expect from one session or a series What are the reasons for selecting this method How do we find a qualified practitioner What if any are the consumer beware

*Body and Mind in Motion* Glenna Batson, Margaret Wilson, 2014-06-01 Western contemporary dance and body mind education have engaged in a pas de deux for more than four decades The rich interchange of somatics and dance has altered both fields but scholarship that substantiates these ideas through the findings of twentieth century scientific advances has been missing This book fills that gap and brings to light contemporary discoveries of neuroscience and somatic education as they relate to dance Drawing

from the burgeoning field of embodiment itself an idea at the intersection of the sciences humanities arts and technologies  
Body and Mind in Motion highlights the relevance of somatic education within dance education dance science and body mind studies

**Engaging the Senses: Object-Based Learning in Higher Education** Helen J. Chatterjee, Leonie Hannan, 2016-03-09 The use of museum collections as a path to learning for university students is fast becoming a new pedagogy for higher education Despite a strong tradition of using lectures as a way of delivering the curriculum the positive benefits of active and experiential learning are being recognised in universities at both a strategic level and in daily teaching practice As museum artefacts specimens and art works are used to evoke provoke and challenge students engagement with their subject so transformational learning can take place This unique book presents the first comprehensive exploration of object based learning as a pedagogy for higher education in a broad context An international group of authors offer a spectrum of approaches at work in higher education today They explore contemporary principles and practice of object based learning in higher education demonstrating the value of using collections in this context and considering the relationship between academic discipline and object based learning as a teaching strategy

**Back Pain - A Movement Problem** Josephine Key, 2010-03-08 Back Pain a movement problem is a practical manual to assist all students and clinicians concerned with the evaluation diagnosis and management of the movement related problems seen in those with spinal pain disorders It offers an integrative model of posturomovement dysfunction which describes the more commonly observed features and related key patterns of altered control This serves as a framework guiding the practitioner s assessment of the individual patient Examines aspects of motor control and functional movement in the spine its development and explores probable reasons why it is altered in people with back pain Maps the more common clinical patterns of presentation in those with spinal pain and provides a simple clinical classification system based upon posturomovement impairments Integrates contemporary science with the insights of extensive clinical practice Integrates manual and exercise therapy and provides guiding principles for more rational therapeutic interventions which patterns of movement in general need to be encouraged which to lessen and how to do so Abundantly illustrated to present concepts and to illustrate the difference between so called normal and dysfunctional presentations Written by a practitioner for practitioners

**Experiencing Dance** Helene Scheff, Marty Sprague, Susan McGreevy-Nichols, 2005 This book takes students through the learning process to become an expert dancer It provides the skills required to identify movement potential warm up cool down effectively express ideas through dance develop choreography construct a professional portfolio

**The Knowing Body** Louise Steinman, 1995-11-29 Steinman s book really stands alone among performance art books While there are many that document what particular artists are doing this one offers a way in for a person who wants to perform or know more about how performance artists work Must reading for anyone interested in performance art it will also be fascinating to those in theatre playwriting visual arts and performance of any sort

**Dance Resource Collection** Judith Mirus, 1994 *Dance and the Quality of Life*

Karen Bond, 2019-03-05 This is the first volume devoted to the topic of dance and quality of life. Thirty-one chapters illuminate dance in relation to singular and overlapping themes of nature, philosophy, spirituality, religion, life span, learning, love, family, teaching, creativity, ability, socio-cultural identity, politics, and change, sex and gender, wellbeing, and more. With contributions from a multi-generational group of artists, community workers, educators, philosophers, researchers, students, and health professionals, this volume presents a thoughtful, expansive yet focused and nuanced discussion of dance's contribution to human life. The volume will interest dance specialists, quality of life researchers, and anyone interested in exploring dance's contribution to quality of living and being.

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