

Danza Clica Pi Posizioni Esercizi

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L'autore presenta in modo approfondito e sistematico la danzaterapia espressivo-relazionale, un modello teorico e metodologico elaborato nell'ultimo decennio. Il modello è utilizzato nel trattamento dei disturbi psichiatrici, nella prevenzione del disagio, nei processi sociali e interculturali, nella formazione e nello sviluppo delle risorse umane. Il volume comprende un contributo di Benoit Lesage sulle strutture e le funzioni psico-corporee che sono alla base della danzaterapia.

Pole Dance Fitness is a guide to performing the best pole dance exercises to create one intense workout. The book contains comprehensive information, practical descriptions, and full-color photos designed to help you understand the best approach for each exercise, movement, trick, or spin. Included are detailed exercise sets to create your own best workout as well as information on stretching before and after performing the pole dance tricks. The workouts are designed to progress as your conditioning and fitness levels progress to lower the risk of injury. Technical notes for each pole figure and spin relate to its level of difficulty so you won't perform an exercise that is beyond your ability. Not just a workout, the unique composition of the pole dance transitions combine to create different dance and acrobatic routines, so not only will you improve your body posture and alignment and your overall fitness, but you will also have a great time doing it!

Introduces the world of ballet and presents its notable stories, dancers, techniques, and routines.

A handbook on the technique of floor-barre conceived by Alex d'Orsay and written by the creator. A work on the floor especially conceived for dance teachers and professional dancers which can also be used by amateurs interested in improving any technique, be it classical, modern or contemporary dance. The aims of this method are: a perfect alignment, an improvement of the turnout, a postural awareness, the strengthening of all the core and the back muscles. The work on the floor by Alex d'Orsay is structured as a dance class where all exercises constitute an effective instrument to improve the natural relationship between movement, music and rhythm. Manuale sulla tecnica di Sbarra a Terra creata da Alex d'Orsay, scritto da lei stessa. Un lavoro a terra dedicato ai ai danzatori professionisti ed agli Insegnanti di Danza, ma anche a tutti coloro che da amatori ne studiano una tecnica, classica, moderna o contemporanea che sia. I principali obiettivi che si pone questo metodo sono: una postura correttamente allineata, l'allungamento della muscolatura, il potenziamento dell' en dehors, lo sviluppo della percezione fisica dei movimenti, della concentrazione e della memoria muscolare del movimento, il rinforzo della muscolatura addominale e di quella di tutto il tronco, il rinforzo dei legamenti e l'alleggerimento dei muscoli sovraccaricati. Inoltre nella Sbarra a Terra di Alex d'Orsay, concepita strutturalmente come una lezione di danza, tutti gli esercizi costituiscono un'efficace strumento di conoscenza della relazione tra musica, ritmo e movimento.