



## Dance and the Alexander Technique

*Rebecca Nettl-Fiol, Luc Vanier*

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## **Dance and the Alexander Technique** Rebecca Nettl-Fiol, Luc Vanier

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.

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