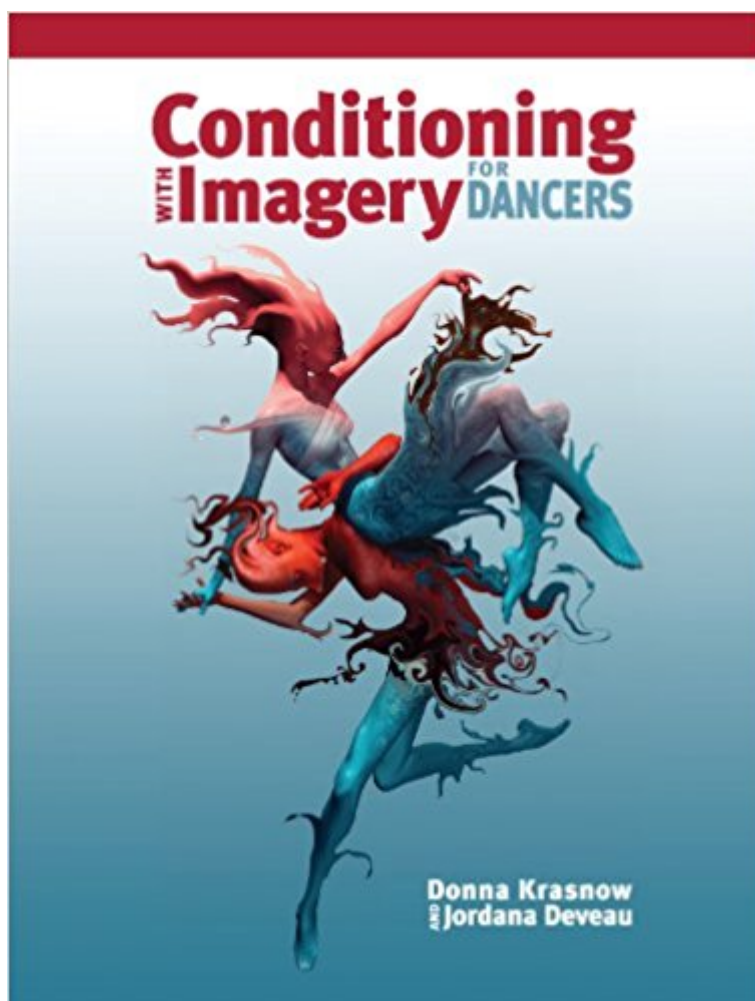


The book was found

Conditioning With Imagery For Dancers



Book Information

Paperback: 180 pages

Publisher: Thompson Educational Publishing (November 30, 2010)

Language: English

ISBN-10: 1550772074

ISBN-13: 978-1550772074

Product Dimensions: 7.9 x 0.4 x 10.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #835,059 in Books (See Top 100 in Books) #87 in Books > Arts &

Photography > Performing Arts > Dance > Reference #222 in Books > Arts & Photography >

Performing Arts > Dance > Classical #10105 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

This is an amazingly useful book, not just for dancers, but also for people who enjoy yoga and other kinds of physical activities which puts their body under a lot of stress. As a bio-chemist I do know a fair bit about the inner workings of the human body, and while I am not a specialist in the kinetics involved, I will say that this book was exceptionally well-written, informative and a joy to read.:)

[Download to continue reading...](#)

Conditioning with Imagery for Dancers Conditioning for Dancers Complete Conditioning for Rugby (Complete Conditioning for Sports Series) Complete Conditioning for Volleyball (Complete Conditioning for Sports Series) Complete Conditioning for Swimming (Complete Conditioning for Sports Series) Modern Refrigeration and Air Conditioning (Modern Refridgeration and Air Conditioning) Heating, Ventilation, and Air Conditioning: A Residential and Light Commercial Text & Lab Book (Heating, Ventilating & Air Conditioning) Complete Conditioning for Hockey (Complete Conditioning for Sports Series) Complete Conditioning for Soccer (Complete Conditioning for Sports) Complete Conditioning for Tennis (Complete Conditioning for Sports Series) Metabolic Conditioning: Rapid Fat Loss and Enhanced Athletic Performance Using Metabolic Training Techniques (Metabolic Conditioning and Rapid Weight Loss Book 1) The History of the Church in Art (A Guide to Imagery) Lose Weight Hypnosis / Guided Imagery CD - Lose Weight Naturally!! A Meditaiton to Help With Fibromyalgia & Chronic Fatigue (Heath Journeys Guided Imagery CD) Dance as a Healing Art: Returning to Health with Movement and Imagery Dynamic Alignment

Through Imagery - 2nd Edition Preparing for Childbirth: Guided Imagery Exercises to Ease Labor and Delivery Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) The Art of Personal Imagery: Expressing Your Life Through Collage Dance Imagery for Technique and Performance - 2nd Edition

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)