



Movement Theory and Practice (Paperback)

By Jarmila Kroschlova

Currency Press Pty Ltd, Australia, 2000. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. This is a definitive text for use by teachers and students of dance, gymnastics, mime or any activity that benefits from an understanding of movement principles. The author was a dancer, choreographer and one of Europe's great teachers and unique in her holistic approach to her art. Here she formulates her rules for correct body posture, identifies the basic movements for every part of the body and develops them step by step into composite movements through meticulous exercises. Every step emphasises expression and harmony and defines the anatomical causes of stress and injury. Movement Theory and Practice was first published in Prague in 1975 and is here translated into English for the first time. The translators have revised and expanded the anatomy sections and have added a valuable appendix from the author's daughter Eva Kroschlova, herself a renowned teacher of movement.



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