

Mindful Rigor Holistic Training To Enhance Dance Performance Epub

D. WOODRUFF

Mindful Rigor Lisa D. Long, 2024-07-30 *Mindful Rigor: Holistic Training to Enhance Dance Performance* establishes a framework for integrating mindfulness into dance practice and performance. Clarifying the significance of mindfulness for dancers, the book begins by building awareness of this practice, acknowledging its roots in ancient Vedic teachings, yet presenting it through contemporary applications relevant to the dance community. Structured in eight chapters, the book includes themes of employing breath to inform movement, recognizing internal dialogue without judgment, developing metacognition to manage learning anxiety, embracing the present moment in movement, achieving flow in various environments, and integrating knowledge both within and beyond the dance studio. Notably, the text incorporates Dr. Brendan Murray's deep stabilizer activation video as well as Polyvagal Theory with respect to movement, courtesy of external contributor Amy Tabback. The inclusion of exercises by Alvin Rangel-Alvarado further broadens the book's perspective. *Mindful Rigor* is designed to complement dance and performing arts courses and programs that focus on performance enhancement, dancer health and wellness, dance pedagogy, and psychological approaches to dance training. Through its methodical examination of mental conditioning alongside physical training, it is an instrumental text for students seeking a profound and holistic approach to dance.

Mindful Rigor Lisa Draskovich-Long, 2023-07-11

Attention and Focus in Dance Clare Guss-West, 2020-10-20 The Western approach to dance is largely focused on control and mastery of technique, both of which are certainly necessary skills for improving performance. But mindful attention, despite its critical role in high performance, has gotten short shrift—until now. *Attention and Focus in Dance*, a how-to book rooted in the 20 years of attentional focus findings of researcher Gabriele Wulf, will help dancers unlock their power and stamina reserves, enabling efficient movement, heightening their sensory perception and releasing their dance potential. Author Clare Guss-West—a professional dancer, choreographer, teacher and holistic practitioner—presents a systematic, science-based approach to the mental work of dance. Her approach helps dancers hone the skills of attention, focus and self-cueing to replenish energy and enhance their physical and artistic performance. A Unique, Research-Based

Approach Here is what *Attention and Focus in Dance* offers readers: A unique approach, connecting the foundations of Eastern movement with Western movement forms Research-based teaching practices in diverse contexts, including professional dance companies, private studios, and programmes for dancers with special needs or movement challenges Testimonies and tips from international professional dancers and dance educators who use the book's approach in their training and teaching A dance-centric focus that can be easily integrated into existing training and teaching practice, in rehearsal, or in rehabilitation contexts to provide immediate and long-term benefits Guss-West explores attentional focus techniques for dancers, teachers and dance health care practitioners, making practical connections between research, movement theory and day-to-day dance practice. "Many dancers are using excessive energy deployment and significant counterproductive effort, and that can lead to a global movement dysfunction, lack of stamina and an increased risk of injury," says Guss-West. "Attentional focus training is the most relevant study that sport science and Eastern-movement practice can bring to dance." Book Organisation The text is organised into two parts. Part I guides dancers in looking at the attentional challenges and information overload that many professional dancers suffer from. It outlines the need for a systematic attention and focus strategy, and it explains how scientific research on attentional focus relates to dance practice. This part also examines the ways in which Eastern-movement principles intersect with and complement scientific findings, and it examines how the Eastern and scientific concepts can breathe new life into basic dance elements such as posture, turnout and port de bras. Attention and focus techniques are included for replenishing energy and protecting against energy depletion and exhaustion. Part II presents attention and focus strategies for teaching, self-coaching and cueing. It addresses attentional focus cues for beginners and for more advanced dancers and professionals, and it places attentional focus in the broader context of holistic teaching strategies. Maximising Dance Potential "Whether cueing others or yourself, cueing for high performance is an art," Guss-West says. "Readers will discover how to format cues and feedback to facilitate effective neuromuscular response and enhance dancer recall of information and accessibility while dancing." *Attention and Focus in Dance* offers an abundance of research-backed concepts and inspirational ideas that can help dancers in their learning and performance. This book aids readers in filtering information and directing their focus for optimal physical effect. Ultimately, it guides dancers and teachers in being the best version of themselves and maximising their potential in dance.

Luminous Dance Ammanuel Santa Anna, 2024-08-04 Discover the transformative power of somatics in dance with *Luminous Dance: Cultivating Presence and Connection Through Movement*. This groundbreaking book delves into the dynamic world of somatics, offering dancers a holistic approach to enhance their mindfulness, bodily awareness, and expressive capabilities. *Luminous Dance* guides readers through the principles and practices of somatics, emphasizing the importance of internal experiences over external performance. By integrating somatic techniques into your dance routine, you will unlock new levels of self-awareness, emotional expression, and physical alignment. This book is not just for dancers

but for anyone seeking a deeper connection with their body and a more mindful approach to movement. What You Will Get Out of This Book: Enhanced Mindfulness and Presence: Learn how to cultivate a mindful state through movement, allowing you to connect more deeply with yourself and your audience. Improved Physical Alignment and Reduced Injury Risk: Discover how focusing on the quality of movement can improve your alignment and reduce the risk of injury. Emotional and Creative Expression: Explore how somatics can transform your dance practice into a profound dialogue with yourself, fostering authentic and emotionally resonant performances. Holistic Well-being: Experience the mental and physical well-being that comes from a practice that prioritizes internal awareness and self-regulation. What Makes It Unique: Comprehensive Approach: Combines theoretical insights with practical exercises, making it accessible for both beginners and experienced dancers. Personal Transformation: Encourages a journey of self-discovery and personal growth, extending beyond the dance studio into everyday life. Inclusive Practice: Applicable across various dance styles, from ballet to hip-hop, making it a versatile resource for all dancers.

Dancing Mindfulness Jamie Marich, 2015-10-29 This lively, passionate approach to moving meditation offers a fresh way to embrace mindfulness. It weaves together personal stories, therapeutic insights, practical skills and opportunities for reflection and practice to provide a gateway to spiritual growth, a path to more balanced living, a healing experience and ignition for your creativity.

Complete Irish Dancer: Roisin Cahalan, 2020 Irish dancing has emerged as a leading genre among the pantheon of world dance forms. Few traditional art forms have resonated so deeply with the international community, resulting in the establishment of thousands of Irish dancing schools across the globe. Irish dancing is a unique fusion of the athletic and the aesthetic, stylistically distinctive and constantly evolving. At the elite level, it is a hugely competitive activity, placing enormous physical and psychological demands on the dancer, teacher, parent and healthcare professional. The exponential increase in these demands and the relentless calendar of prestigious Irish dancing competitions internationally has resulted in significant levels of injury and underperformance in these dancer athletes. Unlike other more established dance forms such as ballet and contemporary dance, there is a lack of clear information and guidance related to the specific nature and demands of Irish dancing. This book will provide this information and guidance by drawing on best evidence and research-based findings and expertise from leading authorities in the world of dance science and anthropology, sport science, medicine, dietetics and psychology. The book is edited and co-authored by Dr. Róisín Cahalan, who is the world's leading researcher of injury in Irish dancers. Dr. Cahalan is also a chartered physiotherapist with over a decade of experience treating Irish dancers of all levels, the former lead female dancer from Riverdance: The Show and an Irish dancing teacher and adjudicator with An Coimisiún Le Rincí Gaelacha. The book will provide historical context for the growth and development of Irish dancing, insights into the etiology and epidemiology of Irish dance injury, and provide information and

advice on appropriate preparation and environmental considerations for healthy Irish dancers. Chapters to enhance physical and psychological resilience and preparedness for the very specific demands of Irish dancing are presented. These include bespoke strength, conditioning and flexibility programs, goal-setting, managing competition anxiety, mental imagery and mindfulness, and sleep optimization. Appropriate training load prescription, tapering and the balance between rest and rehearsal will be explored, as will the most suitable diet to support the Irish dancer. Injury prevention, risk minimization and management are additionally discussed in the book. There is consideration given to the specific needs of certain dancer groups, such as the elite adolescent Irish dancer, the professional touring dancer, and the older dancer. The pivotal role of the parent in impacting the health and performance of the younger dancer is also explored. This book will be an invaluable resource to all those persons involved in the management of Irish dancers including teachers, parents, choreographers, dance company managers, strength and conditioning personnel, clinical professionals and dancers themselves. It will provide scientifically robust, but practical and applicable advice and information to ensure longevity, peak-performance and holistic wellbeing in Irish dancers--

Training in Dance D. WOODRUFF,

Dancing Mindfulness Facilitator Training Manual Jamie Marich, 2013-08-18 The Dancing Mindfulness Facilitator Training Manual is the current weekend training manual used by Dancing Mindfulness creator Dr. Jamie Marich during weekend facilitator trainings. Although reading this manual does not make one eligible for certification without taking the live training, it can be helpful to those interested in the Dancing Mindfulness practice. The video version of the practice, available for the holiday season 2013, used together with this manual, can help interested parties facilitate a practice in their own community (formal facilitation training not required, only suggested).

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