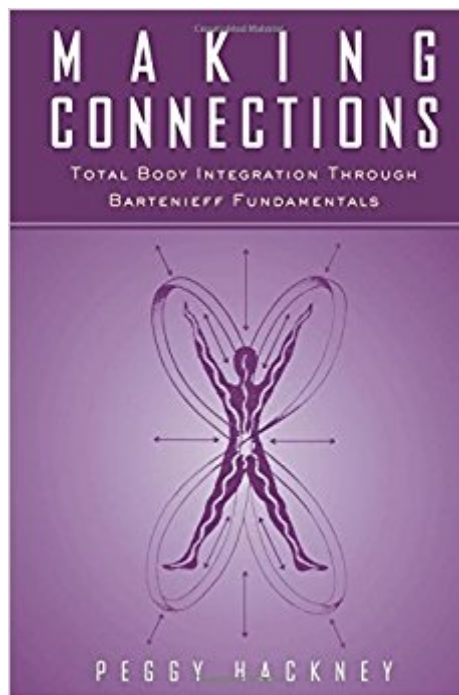




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Making Connections: Total Body Integration Through Bartenieff Fundamentals



Synopsis

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Customer Reviews

I study integration in Tai Chi and found this book full of good information to supplement my knowledge, I also do body work and this will be helpfull in that also. I would like to see the author do a workbook without the anecdotes and have larger pages and with pictures as an aid. I will possibly do a later review as I am still mastering the material, Northern Wu Tai Chi could add some integration ideas which I may detail later as I am not prepared at the moment. I bought this book taking a chance and was happily rewarded. I am adding some information to this review, for those interested in body integration from an eastern point of view, the core of Tai Chi I recommend "Warriors of Stillness" by Jan Depiersloot.

This book contains absolutely great information. Glad to have found this book. It opened my mind wider than ever before to early childhood developmental patterns and our innate ability to reconnect to them. The editing of the entire book leaves too much to get lost in translation. Some strong nods towards relating it to what is going on anatomically, but purposely stops short on the scientific end.

i love this book! my mentor had me do the barteniff exercises in part during a lesson. this book is wonderful! easy to understand, beautifully written!!

Awesome book!!

This system is definitely focused on a dancers understanding. But, I found it invaluable for the understanding it provides of the entire mechanization of movement as it is developed within us or the lack there of and how to reclaim what we may have missed along the developmental pathway or deficiencies we may have acquired due to injuries along the way as well. The reading is not light, but I found it totally fascinating and applicable and in applying the exercises in the way she prescribes actually experienced changes in the way I think and move in the world, and came to a much deeper understanding of the relationship of consciousness and how it is intrically woven and relates to our physical form and the movements our bodies are capable of making and intrically designed to produce. There is no separation. The way we were allowed to move or not as children sets patterns that we incorporate in the way we act and react to our inner and outer environment. Powerful book. I will never look at the body or movement in the same way again and that is a good thing.

This is an outstanding work, which, when published, was prescient of the connectivity we glibly call "mind-body". It's more relevant than ever today. Ms Hackney studied extensively with people in the forefront of somatic work bridging the aesthetic (dance), scientific, and therapeutic worlds, all of which drive the now burgeoning consciousness movement. Her language is precise, furthering literacy in the fields of anatomy and kinesiology, and includes detailed and remarkably clear descriptions of movement exercises that illuminate the concepts, structures, and functions of the body. There is also a warm and personable writing 'voice' here, which speaks to the depth of her knowledge, which is above all experiential. This is not a dry, plodding textbook; it's alive with experience and knowledge. Ms Hackney makes the subtle connections of the sentient body accessible to growing generations of movers, dancers, and anyone who seeks to live fully and gracefully. Any doubts and check out her video, *Discovering Your Expressive Body*. You will see Peggy and her assistant clearly demonstrate the core concepts of this important area of study. Her work on the page and in the studio/clinic leaves no doubt that a healthy, well-integrated body leads to a lively, empathic, and well-organized mind.

my book came in perfect condition!!! just as the reviews had said! i am really pleased with the outcome, and i will be purchasing my books from more often thank you!

What an amazing book! I will read this over and over!

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