

Conditioning with Imagery for Dancers

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Thompson Educational Publishing is pleased to present a new book for dancers and dance educators. The book includes detailed descriptions of the purpose, form, and rhythm of exercises for the whole body, accompanying imagery, and 300 photographs showing step-by-step how to do the exercises. It provides information about the principles of conditioning, useful terminology, and the purpose and uses of imagery. It also includes anatomical descriptions, notes for teachers, suggestions for transferring material to standing and moving through space, balancing exercises, and a special section on corrective work for postural problems and muscle imbalances. The book documents 30 years of research into body systems and injury prevention for dancers, and describes C-I Training, now being taught in professional schools, universities, and dance studios internationally.

C-I Training™ (conditioning-with-imagery) is a body system which incorporates conditioning exercises for muscular strength, endurance, and flexibility, as well as visualization and imagery work for neuromuscular re-patterning (or movement re-education), alignment work, and mind-body integration and connectedness. Additionally, its purpose is to address problems with transfer of training from conditioning and re-alignment techniques to movement practices in classes, rehearsals, performances, and daily life. C-I Training can assist with injury prevention, improve dance technique and skills, and provide appropriate warm-up procedures.

C-I Training can be applied to a wide range of dance forms, and is useful to dancers of various ages and levels. Teachers can receive certification to teach C-I Training through courses offered by founder, Donna Krasnow.



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