# DCH130 Techniques & Embodied Learning



# [1]

Novak, Cynthia J., 'Looking at movement as culture [IN] The Routledge dance studies reader', in The Routledge dance studies reader, 2nd ed., London: Routledge, 2010, pp. 168–180 [Online]. Available:

https://www.dawsonera.com/guard/protected/dawson.jsp?name=https://shibboleth.falmout h.ac.uk/idp/shibboleth&dest=http://www.dawsonera.com/depp/reader/protected/external/A bstractView/S9780203860984

# [2]

S. Delahunta and R. Allsopp, The Connected body?: an interdisciplinary approach to the body and performance. Amsterdam: Amsterdam School of the Arts, 1996.

# [3]

M. Featherstone, M. Hepworth, and B. S. Turner, The Body: social process and cultural theory, vol. Theory, culture&society. London: Sage, 1990.

### [4]

B. S. Turner, Routledge handbook of body studies, vol. Routledge international handbooks. London: Routledge, 2012 [Online]. Available:

https://go.openathens.net/redirector/falmouth.ac.uk?url=https://www.taylorfrancis.com/bo oks/9780203842096

# [5]

B. S. Turner, The body and society: explorations in social theory, 2nd ed., vol. Theory, culture&society. London: Sage Publications, 1996.

### [6]

S. O'Reilly, The body in contemporary art, vol. World of art. London: Thames & Hudson, 2009.

### [7]

H. Thomas and J. Ahmed, Cultural bodies: ethnography and theory. Oxford: Blackwell, 2004.

### [8]

H. Thomas, The body, dance, and cultural theory. Basingstoke: Palgrave Macmillan, 2003.

### [9]

Olsen, Andrea, 'Basic Concepts: Change, Posture, Structure, Choice [IN] Body stories: a guide to experiential anatomy', in Body stories: a guide to experiential anatomy, [Expanded ed.]., New York, NY: Barrytown Ltd, 1998, pp. 1–13.

### [10]

Cohen, Bonnie Bainbridge, 'Introduction to body-mind centering [IN] Sensing, feeling, and action: the experiential anatomy of body-mind centering', in Sensing, feeling, and action: the experiential anatomy of body-mind centering, 2nd ed., Northampton, MA: Contact Editions, 2008, pp. 1–6.

#### [11]

Coulter, H. David, Anatomy of hatha yoga: a manual for students, teachers, and practitioners. Honesdale, Pa: Body and Breath, 2001.

### [12]

Hanna, Thomas, Somatics: reawakening the mind's control of movement, flexibility, and health. Cambridge, Mass: Da Capo, 1988.

### [13]

Blakey, Paul, The muscle book, [New ed.]. Ventnor, Isle of Wight: Bibliotek Books, 2007.

### [14]

Brodie, Julie A. and Lobel, Elin E., Dance and somatics: mind-body principles of teaching and performance. Jefferson, N.C.: McFarland, 2012.

### [15]

Arnheim, Daniel D., Dance injuries: their prevention and care, 2nd ed. London: Dance Books, 1986.

### [16]

Coulter, H. David, Anatomy of hatha yoga: a manual for students, teachers, and practitioners. Honesdale, Pa: Body and Breath, 2001.

### [17]

Thomasen, Eivind and Rist, Rachel-Anne, Anatomy and kinesiology for ballet teachers. London: Dance Books, 1996.

#### [18]

Kaminoff, Leslie, Matthews, Amy, and Ellis, Sharon, Yoga anatomy. Leeds: Human Kinetics, 2007 [Online]. Available: https://www.vlebooks.com/vleweb/product/openreader?id=Falmouth&isbn=978145040354 2

### [19]

Long, Ray and Maclvor, Chris, The key muscles of yoga: your guide to functional anatomy in yoga, 3rd ed., vol. Scientific keys. [Plattsburgh, N.Y.?]: Bandha Yoga, 2006.

### [20]

Long, Ray and Macivor, Chris, The key poses of yoga: your guide to functional anatomy in yoga, vol. Scientific keys. [Plattsburgh, N.Y.?]: Bandha Yoga, 2008.

# [21]

Cohen, Bonnie Bainbridge, Sensing, feeling, and action: the experiential anatomy of body-mind centering, 2nd ed. Northampton, MA: Contact Editions, 2008.

# [22]

Franklin, Eric N., Dance imagery: for technique and performance. Champaign, IL: Human Kinetics, 1996.

# [23]

Howse, Justin and McCormack, Moira, Anatomy, dance technique & injury prevention, 4th ed. London: Methuen Drama, 2009.

# [24]

Juhan, Deane, Job's body: a handbook for bodywork, 3rd ed. Barrytown: Station Hill Press, 2003 [Online]. Available: https://ebookcentral.proguest.com/lib/falmouth-ebooks/detail.action?docID=1935627

# [25]

Todd, Mabel Elsworth, The thinking body: a study of balancing forces of dynamic man. London: Dance Books, 1997.

### [26]

Albinus, Bernhard Siegfried, HALE, ROBERT BEVERLY., and Coyle, Terence, Albinus on anatomy: with 80 original Albinus plates. New York: Dover Publications, 1988.

[27]

Barlow, Wilfred, The Alexander principle: how to use your body without stress, New ed. London: Orion, 2001.

# [28]

M.O'Donnell, 'Release Dance Curriculum written for ARTEZ, Arnhem, the Netherlands'. Jun. 2005 [Online]. Available:

http://www.timeless-records.com/releasedance/pdf/one%20line%20release.pdf

# [29]

Grieg, Valerie, Inside ballet technique: separating anatomical fact from fiction in the ballet class. Hightstown: Princeton, 1994.

# [30]

Haas, Jacqui Greene, Dance anatomy. Champaign, Ill: Human Kinetics, 2010 [Online]. Available:

https://www.vlebooks.com/vleweb/product/openreader?id=Falmouth&isbn=978145040433 4

# [31]

Kapit, Wynn and Elson, Lawrence M., The anatomy coloring book, 3rd ed. San Francisco: Benjamin Cummings, 2001.

# [32]

Olsen, Andrea and Mchose, Caryn, Body stories: a guide to experiential anatomy, [Expanded ed.]. New York, NY: Barrytown Ltd, 1998.

# [33]

'Journal of Dance and Somatic Practices'.

# [34]

'Research in dance education'.

[35]

'Body and society', 1995.

### [36]

'Performance Research Vol 14 no 2 On Training', vol. 14, no. 2 [Online]. Available: https://go.openathens.net/redirector/falmouth.ac.uk?url=http://www.tandfonline.com/toc/r prs20/14/2#.VfIDAGRVhBc

### [37]

'Performance ResearchVol 8 no 2 Bodiescapes', vol. 8, no. 2, 2003 [Online]. Available: https://go.openathens.net/redirector/falmouth.ac.uk?url=http://www.tandfonline.com/toc/r prs20/8/2

### [38]

Batson, Glenna, 'Teaching alignment from a mechanical model to a dynamic one [IN] The body eclectic: evolving practices in dance training', in The body eclectic: evolving practices in dance training, Urbana: University of Illinois Press, 2008, pp. 134–152.

#### [39]

Hanna, Thomas, 'What Is Somatics?', in Bone, breath & gesture: practices of embodiment, Berkeley, Calif: North Atlantic Books; California Institute of Integral Studies, 1995, pp. 341–352.

#### [40]

Batson, Glenna, and Wilson, Margaret, 'Introduction', in Body and mind in motion: dance and neuroscience in conversation, Bristol: Intellect, 2014, pp. 1–12.

### [41]

Fraleigh, Sondra, 'A Vulnerable Glance: Seeing Dance Through Phenomenology', in The Routledge dance studies reader, London: Routledge, 1998, pp. 135–143.