



Taking Root to Fly: Articles on Functional Anatomy

Irene Dowd

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Taking Root to Fly: Articles on Functional Anatomy Irene Dowd

This text includes 10 articles covering such topics as "In Honor of the Foot", "Finding Your Center", and "Visualizing Movement Potential". With grace and finesse, Dowd illuminates essential topics for the dancer or anyone practicing movement arts, such as grounding and the source of core postural support.

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