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Galvanizing Performance

The Alexander Technique as a
Catalyst for Excellence

Edited by Cathy Madden and Kathleen Juhl

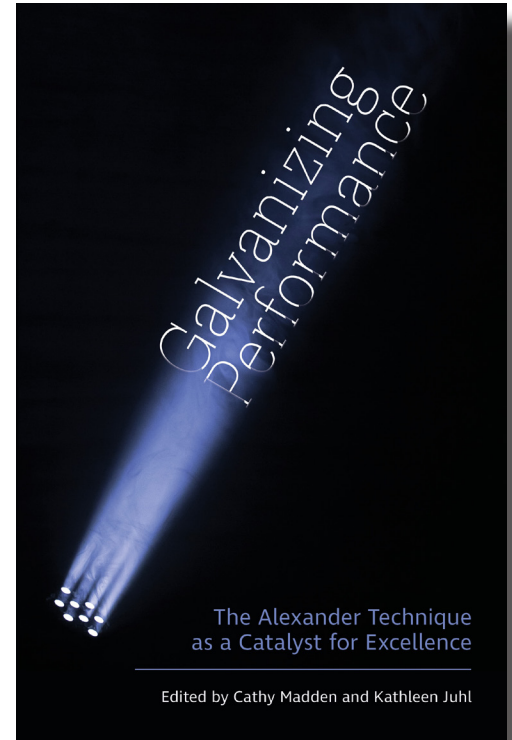
August 2017

304 PP

ISBN: 978-1-78592-720-1

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The Alexander Technique is a specific form of mind/body practice that focuses on improving efficiency through learning and understanding movement and behavior. *Galvanizing Performances* applies the teachings of this practice to the performing arts. Through theatre, music, and dance, the contributors, all artists themselves, demonstrate how deliberate movement can improve an individual's art and benefit their general health and wellbeing.

Using specific case examples and in-depth analysis over a range of performance arts, this book supports instruction of effective movement and the Alexander Technique within different artistic disciplines for students and teachers alike.

Cathy Madden is the principle lecturer at the University of Washington School of Drama, as well as Director of the Alexander Technique Training and Performance Studio in Seattle and Associate Director for BodyChance in Japan.

Kathleen Juhl is a professor of Theatre at Southwestern University where she teaches an Alexander Technique class for actors, musicians, and voice performers. Kathleen has taught the Alexander Technique at national and international opera festivals.

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