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Taking Root To Fly: Articles On Functional Anatomy



Synopsis

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.

Book Information

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Customer Reviews

Irene Dowd's ability to describe the anatomy of movement is incredible. She uses imagery that is beneficial to the true understanding of movement in the human form. This book is a must for anyone who teaches alternative mind-body exercise or dance technique, it will give you a new way of thinking. Students of dance will also benefit from the articles, by gaining insight into their own movement.

Like the Tao Te Jing, profound and sagely advice can sometimes be illuminated by small poetic vignettes, that require quiet consideration to expose their depths. This little book, which is a collection of articles about functional anatomy, or in Dowd's terms the anatomy of movement, is one of those rare works. If you sincerely attempt the exercises that Dowd prescribes, you will need to return to this book periodically, because they reveal themselves in layers and stages. Functional Anatomy is Dowd's term for a set of body-alignment practices related to Alexander Technique, Feldenkrais method, or more anciently methods of meditative mindful movement and ecstatic

dance. Unlike our western view that the mind commands the body, there is a complete interpenetration of mind and body. For those practitioners of activities founded on the mind-body unity, such as dance, physical sports or taiji, the experiences pointed to in this book are nothing short of profound and they are bliss to contemplate. This book has two exceptional qualities which are revealed on the front cover. The title "Taking Root to Fly" is an example of the many pithy turns of phrase that make this book deep. The paradox that a dancer or martial artist who moves as if floating, derives this lightness from sinking into the ground caught in four short words. Brilliant! Even better this book has fantastic artwork, typified by the image on the cover. This artwork is actually productive mental visualization. The deepest way to contemplate some of these articles uses the wordless image expressed in the artwork rather than analyzing the words. Anyone delving into their own mind through the vehicle of the body could benefit immensely from this book. While it is out of print I would hope that it soon reappears, , please buy the rights and release it on Kindle!

I bought two copies of this book. I think this is telling how I much and appreciate this book. It is both a beautiful object, beautifully written and amazing contents. Irene Dowd approach changed my life. I would suggest to buy ALS The Thinking Body.

The book is informative but densely written, leaving the elaboration of concepts to the reader's practice. Definitely wrote from the dancer's point of view, it is a very different approach to physical transformation. Dave W.

Very technical and artsy - but format visuals and key insights make book worth while.
Recommended if you are interested in movement

Incredible wisdoms. beautiful illustrations. a good book to have if you want to discover a new way to be in your own body.

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