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getting a deep dive

perspective on the

many layers of

movement, breath

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body movements are
analyzed both in
terms of their
neurophysiological
and mechanical
aspects, which allows
for a better
understanding of the
actual mechanisms of

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Movement. From her work with dance and physiotherapy, the author developed an innovative method for teaching the physical structures of anatomy in relation to movement. Blandine Calais-Germain presently lives in a small town in the south of France with her husband and their

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two children.

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sequencing in

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neck, shoulder, elbow
and forearm, wrist

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Movement, hip, knee,
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