

Anatomy Of Movement Blandine Calais Germain

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About the Author. Blandine Calais-Germain is the celebrated author of Anatomy of Movement, Anatomy of Movement: Exercises, The Female Pelvis: Anatomy and Exercises, and Anatomy of Breathing. Her lifelong involvement with dance, both as performer and teacher, led to an interest in other physical disciplines and to more formal study...

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Blandine Calais-Germain's life-long involvement with dance, both as a performer and teacher, eventually led to a more formal study of the complex, integrated movements of the body. From 1977 to 1980 she studied physiotherapy at the French School of Orthopedics and Massage in Paris.

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Calais-Germain's book is one of the first books I go to when I need to review the essential muscles involved in movement. The illustrations are simple and clear in their presentation which, to me, is very helpful when I need a quick overview of what's going on in the body when it's in motion. | eBay!

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