

THE ART OF MAKING DANCES DORIS HUMPHREY BARBARA POLLACK

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The Art of Making Dances: Doris Humphrey and Barbara Pollack

Q1: Who were Doris Humphrey and Barbara Pollack?

A1: Doris Humphrey (1895-1958) and Barbara Pollack (1920-2013) were American dancers and choreographers who played a pivotal role in the development of modern dance. Humphrey is renowned for her focus on the body's natural movements and her groundbreaking technique called "fall and recovery." Pollack, as her protégé, expanded upon Humphrey's theories and created a unique blend of athleticism and emotional expression.

Q2: What was the essence of Humphrey's "fall and recovery" technique?

A2: Humphrey believed that movement should originate from the spine and then flow through the limbs. Her "fall and recovery" technique involved the dancer initiating a fall, but then recovering and reestablishing balance. This technique allowed for the expression of both strength and vulnerability, and it became a defining characteristic of Humphrey's choreography.

Q3: How did Pollack build upon Humphrey's legacy?

A3: Pollack studied under Humphrey for several years and became her artistic heir. She further developed Humphrey's ideas by choreographing dances that were both virtuosic and deeply personal. Pollack's choreography explored issues of identity, memory, and the human condition, and she often used improvisational techniques to create spontaneous and dynamic performances.

Q4: What is the significance of their artistic collaboration?

A4: Humphrey and Pollack's collaboration spanned decades and produced some of the most influential modern dance works of the 20th century. They challenged traditional notions of dance, emphasized the importance of emotional expression, and created a new movement vocabulary that became the foundation for numerous contemporary dance styles.

Q5: How is their legacy preserved today?

A5: The legacy of Humphrey and Pollack lives on through their dance company, the Humphrey-Weidman Company, which continues to perform their works. Additionally, numerous schools and dance programs around the world teach their techniques, ensuring that their innovative approach to dance continues to inspire and influence generations of dancers and choreographers.

The Summoner Chronicles of Necromancer 1: A Captivating Adventure by Gail Z. Martin

About the Book

"The Summoner Chronicles of Necromancer 1" is an enthralling fantasy novel by renowned author Gail Z. Martin. It introduces readers to the world of Elegaea, where magic flows through the veins of its inhabitants. At the heart of the story is the enigmatic figure of Ghleanna, a gifted summoner who embarks on a perilous quest to unravel the secrets of her past and confront a looming darkness.

Q: What is the main premise of the story?

A: Ghleanna, a young summoner, is summoned by a mysterious voice to undertake a dangerous mission. She must journey to the ancient city of Sevondor to retrieve a powerful artifact that could prevent the rise of an evil necromancer and unravel the secrets of her own lineage.

Q: Who is Ghleanna, and what are her unique abilities?

A: Ghleanna is a gifted summoner who can call upon creatures from other realms to aid her in battle. She wields the power of the Ninefold Singers, a mystical force that

grants her extraordinary abilities.

Q: What obstacles does Ghleanna face on her quest?

A: Ghleanna's path is fraught with danger. She encounters formidable adversaries, including treacherous assassins, ravenous beasts, and sinister necromancers who seek to exploit her powers for their own evil ends.

Q: What is the significance of the artifact she seeks?

A: The artifact, known as the Orb of Remembrance, holds the key to unraveling Ghleanna's past and defeating the necromancer. It possesses the power to restore memories and reveal ancient secrets that could change the fate of Elegaea.

Q: What makes "The Summoner Chronicles of Necromancer 1" an exceptional fantasy novel?

A: Martin's vivid world-building, captivating characters, and intricate plotline make "The Summoner Chronicles of Necromancer 1" an unforgettable reading experience. The novel explores themes of identity, destiny, and the indomitable power of the human spirit.

Unlock the Map to Your Responsive Universe: Where Dreams Materialize

By Boni Lonnsburry

Humanity stands at the precipice of a profound realization: the universe is not a passive entity but an active and responsive force. Our thoughts, words, and actions can shape our reality, creating a "responsive universe" where dreams truly come true.

How Does the Responsive Universe Work?

The responsive universe operates on the principles of quantum physics. At the atomic and subatomic level, particles behave in unpredictable ways, influenced by the observer's consciousness. This suggests that our perceptions and beliefs directly impact the fabric of reality.

How Can We Tap into the Responsive Universe?

To harness the power of the responsive universe, we must align our thoughts and emotions with our deepest desires. We must believe in the possibility of our dreams and take inspired action towards them. By cultivating a mindset of gratitude, positivity, and open-heartedness, we create a vibrational resonance that attracts positive experiences.

What Are the Keys to Manifesting Dreams?

The key to manifesting dreams lies in a combination of factors:

- **Clear Intention:** Define your dreams with specificity and write them down.
- **Positive Visualization:** Create vivid mental images of your dreams becoming a reality.
- **Emotional Connection:** Infuse your visualizations with strong emotions of joy, gratitude, and anticipation.
- **Aligned Action:** Take consistent, inspired steps towards your dreams, even when faced with challenges.
- **Gratitude:** Express appreciation for the present moment and the blessings that you already have.

Can Anyone Access the Responsive Universe?

Yes! The responsive universe is accessible to all who are willing to embrace its principles and practice the art of conscious manifestation. By cultivating a mindset of belief, gratitude, and aligned action, we can unlock the infinite potential of our responsive universe and make our dreams a reality.

The Illustrated Encyclopedia of Uniforms of World War I: An Expert Guide

As the centenary of World War I approaches, interest in the uniforms worn by the soldiers of the era has surged. "The Illustrated Encyclopedia of Uniforms of World War I" provides a comprehensive and richly illustrated guide to the uniforms of the major combatants: Britain, France, Russia, America, and Germany.

Who wrote the book?

The book is written by Ian Westwell, an expert on World War I uniforms who has written extensively on the subject. Westwell has drawn on his vast knowledge of archival sources and museum collections to create a definitive work on the topic.

What does the book cover?

The book covers the uniforms of all branches of the armed forces for each of the five nations, including infantry, cavalry, artillery, and aviation. It includes detailed descriptions of each uniform, as well as illustrations from a wide range of sources, including photographs, paintings, and postcards.

What are some of the most interesting uniforms?

One of the most striking uniforms in the book is the Russian Cossack uniform, which features a distinctive fur hat and long, flowing coat. The French Alpine Chasseurs also had a memorable uniform, with its blue jacket and trousers and distinctive kepi.

What are some of the most important uniforms?

While many of the uniforms in the book are visually appealing, some are also significant because of their role in the war. For example, the British Tommies' uniforms were designed to be practical and comfortable for trench warfare, while the German Stahlhelm helmet was one of the most effective helmets of the war.

How much does the book cost?

The Illustrated Encyclopedia of Uniforms of World War I is available in hardcover for \$34.95. It is a valuable resource for anyone interested in World War I history, uniforms, or military history in general.

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