

BARE BONES OF ANATOMY

PART OF THE ADULT DANCE & FITNESS PROGRAMMING

Bare Bones of Anatomy™ is a lecture-demonstration which focuses on providing you the information you need to understand and apply functional movement basics to dance and the activities of daily living:

- how we're built (the bones),
- how we move (the muscles),
- how we can correct and improve the way we move, and
- how to communicate with our doctors, physical therapists, teachers and students by:
 - using descriptive, precise terminology to ask questions, and
 - receiving the answers that will empower us and lead us to wellness.

Question: Do muscles push or pull to create movement?

Your correct answer will determine which muscle(s) you need to strengthen in order to hold that kick high.

What You Get

Functional Anatomy knowledge that will help you customize a movement session in order to:

- enhance the strength and possibilities of each individual,
- prevent injury,
- relieve pain and discomfort, and (possibly even more satisfying)
- help guide those already striving to heal and rehabilitate.

Guidelines to create and maintain an 'Owner's Manual' — our best recommendation to date to help you journal your body's current physical state and health history.

"You will find teaching movement and dance to be so much more rewarding and worthwhile for you and your students once you understand how the body is able to do all that you ask of it." *Linda Rose Iennaco*

This lecture/demonstration is tailored to you and your group's needs. It must run at least an hour and a half, but can be extended to suit your needs. The last portion is reserved for Q & A.

To complement your introduction to the science of Functional Anatomy, Linda suggests purchasing the *Anatomy Coloring Book*, authors Kapit / Elson, [ISBN 0-8053-5086-1]. Email Linda at info@danceandfitness.net with a request for relevant pages to be colored for ease of comprehension.



Looking forward to collaborating with you.