

Steven Shaw &  
Armand D'Angour



*The Art of*  
**Swimming**

in a new direction with the  
**Alexander Technique**

*Foreword by Victoria Wood*

# Art Of Swimming In A New Direction With The Alexander Technique

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## **Art Of Swimming In A New Direction With The Alexander Technique:**

**The Art of Swimming** Steven Shaw, Armand D'Angour, 1998      *The Art of Swimming* Steven Shaw, Armand D'Angour, Victoria Wood, 2001 Enlarged redesigned edition has underwater photos in full color as well as new line drawings and cartoons

**Master the Art of Swimming** Steven Shaw, 2015-06-04 Swimming improves your flexibility tones your body and can help to boost your self esteem and produce a sense of well being It is the nation s most popular sporting activity with 11 9 million people swimming regularly However most people don t know how to swim properly This book is based on a 35 year voyage of discovery into the art of swimming Steven Shaw s method takes the Alexander Technique into the swimming pool focusing on releasing tension from the head neck and back Steven has evolved a unique way of breaking down strokes into a series of therapeutic movements which can be practised individually or with a partner in a pool or on dry land These provide the building blocks which combine to make it possible for anyone to recraft their own strokes in a way that promote good body use and avoid injuries Instead of performing physical actions in an automatic way you begin to learn body awareness This way of swimming not only feels freer and more open it is graceful and has a sense of flow often absent from the way many people swim Shaw looks at the most popular strokes front crawl back stroke breast stroke and butterfly focusing on maximum efficiency and minimum strain

*The Alexander Technique Resource Book* John B. Harer, Sharon Munden, 2008-12-24 The Alexander Technique is a hands on educational method that helps individuals learn how to eliminate tension in the body caused by habitual limitations in the way they move and think The health benefits of the Alexander Technique are both physical and emotional It improves balance posture and stamina and has been shown to improve cognitive functions And it was practiced and endorsed by renowned philosopher and educator John Dewey The Alexander Technique Resource Book provides guidance and information that aids in studying the technique and locating sources for further research in the field It contains information on print audio video and web based resources and includes a description of the basic principles and benefits of the Alexander Technique This book benefits students scholars and researchers as well as musicians actors and athletes looking to enhance performance in physical activities It is a helpful resource for anyone seeking information on alternative and complementary medicines like the Alexander Technique

*The Art of Concentration* Harriet Griffey, 2010-11-30 We are all overwhelmed with technological input in our daily lives whether it is our mobile phone ringing our Blackberry bleeping or emails that pour in endlessly we are all becoming hyperstimulated and unable to switch on concentrate or switch off relax because we re all on permanent standby As a result we have lost the art of concentrating properly Luckily this cutting edge personal development book is here to help readers navigate their way through the deluge and provides the tools we need to learn how to concentrate and focus Rooted in scientific fact and research it includes a detailed look at how your brain works what inhibits brain function and concentration and covers things such as lack of down time distraction poor lifestyle habits and stress Featuring techniques and exercises to help improve concentration it is

guaranteed to help us all improve the way we work and the way we live our lives     *Alexander Technique* Richard Craze,2003 This is a complete no nonsense guide to one of the most popular alternative therapeutic approaches to stress relief and enhanced physical and psychological well being Teach Yourself Alexander Technique explains who can actually benefit from this unique system of spinal realignment You get practical exercises accompanied by clear well illustrated step by step instructions You will also learn about the origins and evolution of the Alexander Technique and how it came to be practiced around the world     *The Art of Swimming* Steven Shaw,2016-05-12 Based on a 35 year voyage of discovery into the art of swimming this work looks at the most popular strokes front crawl back stroke breast stroke and butterfly focusing on maximum efficiency and minimum strain Swimming improves your flexibility tones your body and can help to boost your self esteem and produce a sense of well being It is the nation s most popular sporting activity with 11 9 million people swimming regularly However most people don t know how to swim properly Steven Shaw s method takes the Alexander Technique into the swimming pool focusing on releasing tension from the head neck and back Steven has evolved a unique way of breaking down strokes into a series of therapeutic movements which can be practised individually or with a partner in a pool or on dry land These provide the building blocks which combine to make it possible for anyone to recraft their own strokes in a way that promote good body use and avoid injuries Instead of performing physical actions in an automatic way you begin to learn body awareness This way of swimming not only feels freer and more open it is graceful and has a sense of flow often absent from the way many people swim     **Subject Guide to Books in Print** ,2001     *Books In Print 2004-2005* Ed Bowker Staff,Staff Bowker, Ed,2004     **Whitaker's Books in Print** ,1998     **The British National Bibliography** Arthur James Wells,2005     *Art of Swimming. The Shaw Method. Based on the Alexander Technique* ,2001     **The Journal of Health and Physical Education** ,1932     [The Art of Changing](#) Glen Park,2000     **Harper's Bazaar** ,1922     [Journal of Health, Physical Education, Recreation](#) ,1934     **Serviços Bibliográficos da Livraria Portugal** Livraria Portugal. Serviços Bibliográficos,1999     [The Critic](#) Jeannette Leonard Gilder,Joseph Benson Gilder,1896     **Musical Observer** ,1920     *Journal of Education* ,1883

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