

# Prevention and Safe Dance Practice through Spiraldynamik® Alignment

I would like to introduce you to Spiraldynamik® and explain why this knowledge is important for dancers while being active in their career but also beyond their career.

Spiraldynamik® is a three-dimensional, anatomical-functional reasoned movement- and therapy-concept. The underlying movement-principal of Spiraldynamik® is a three-dimensional movement pattern between two poles, key element of functional anatomy of our human movement-system. Hidden behind our structures of “human blueprint” is a comprehensible method. This is not reinvented – but has become exploitable by our Spiraldynamik®- experts: clearly defined and implementable. As “evolutionary historical manual for one’s own body” Spiraldynamik® explains learnable, healthy and meaningful movements from head to toe. Moving according to our “human blueprint”, means knowing its own body- and movement intelligence to unfold one’s own potential. Most people need in addition information, awareness training, targeted exercises as well as integration of the earned skills into everyday movements. These can be obtained in Spiraldynamik® Therapie – or movement trainings.

Dancing is more than the mere learning and execution of steps and movement patterns. Dance cannot be reduced to the purely physical aspects alone. Yet: the body is the dancer’s instrument. In order to be able to dance for a long time without pain, it is essential to keep your body healthy, to recognize strain at an early stage in order to avoid injury. Whatever your style of dance may be: classical, contemporary, hip hop, jazz, salsa, tap dancing (to name but a few), there is a great deal that dancers in all fields can learn from Spiraldynamik® that will provide them with essential support during their careers.

**Spiraldynamik®- Intelligent Movement is learnable!**



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