



# Making Connections: Total Body Integration Through Bartenieff Fundamentals

*Peggy Hackney*

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## **Making Connections: Total Body Integration Through Bartenieff Fundamentals** Peggy Hackney

Human movement influences an individual's perceptions and ability to interact with the world. Through exercises, illustrations, and detailed anatomical drawings, this remarkable book guides the reader toward total body integration. An experimental approach to movement fundamentals involving the patterning of connections in the body according to principles of efficient movement, the process of total body integration encourages personal expression and full psychological involvement.

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