

Homework Assignment

Francois Delsarte researched and developed a sophisticated method of training people to achieve authentic aesthetics in music, dance, acting, exercise and rehabilitations. He & his disciples taught; Martha Graham, Mary Wigman, Isadora Duncan, Ruth St. Denis, Ted Shawn, Delcoix, Jenny Lind, Stanislavski, Rudolf von Laban, Moshe Feldenkrais, Fredrick Alexander, Joseph Pilates, Carola Trier and Eve Gentry. We've inherited the benefits of these people's work yet we have lost the origins of them. Your assignment is to research Francois Delsarte; to help you further understand the Pilates Principles. Francois Delsarte: 1811-1871, Published; "Every Little Movement" describes the laws of expression; intellectual, physical & emotional movements.

