



# Writing the Dance: Workbook & Journal for Dancers

*Richard Kent, Josie Bray*

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Published in cooperation with the National Writing Project, *Writing the Dance* provides dancers and dance students of all abilities with an opportunity to immerse, think broadly, and connect deeply to the inner life of the dancer. Within this book you'll find a wide variety of reflective activities that can optimize a dancer's performance, including prompts and analysis pages for classes, rehearsals, and performances. This workbook-journal allows dancers to come to know their work in the studio and on stage in a more intimate and detailed way.

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