

# Biography of Eric Franklin



Eric is the founder of the Franklin Method Institute, and he has spent decades developing and optimizing the Franklin Method – a ground-breaking training method designed to unlock the body's full potential through exercise, imagery and anatomical understanding. A qualified sports scientist, dancer, choreographer and movement pedagogue, Eric Franklin is regarded as an expert in imagery-based movement pedagogy and Dynamic Neurocognitive Imagery (DNI)<sup>™</sup>. During his long career, Eric has worked as a guest lecturer at the University of Vienna, Juilliard School New York, NYU, Royal Ballet School London and he is also a member of the International Association of Dance Medicine and Science (IADMS).

## About Eric Franklin

Eric Franklin is the Founder and Director of the Franklin Method. Eric created the Method over 25 years ago, initially teaching it in Switzerland, Germany and Austria before spreading his message to the USA, China, Japan and beyond.

## A wealth of experience in education

After earning his Bachelor of Science at the University of Zurich and his Bachelor of Fine Arts at New York University's Tisch School of the Arts, Eric worked for many years as a dancer and choreographer. After developing his groundbreaking Franklin Method, Eric then went on to teach at numerous universities and schools around the world, including the Juilliard School in New York, Rutgers University, the University of Vienna, the Royal Ballet School and the Laban Center in London.

Over the years, he also taught Beyonce's & Celine Dion's world tour dance companies, and in 1998 he was credited with introducing dance conditioning methodology to mainland China.

## Renowned speaker and author

Eric is a regular speaker at international conferences, such as the World Congress for Lower Back and Pelvic Pain, the Pilates Method Alliance and the International Association for Dance Medicine and Science. Eric Franklin has also authored 21 books translated into German, Italian, Spanish, Polish, French, Czech, Chinese and Korean.