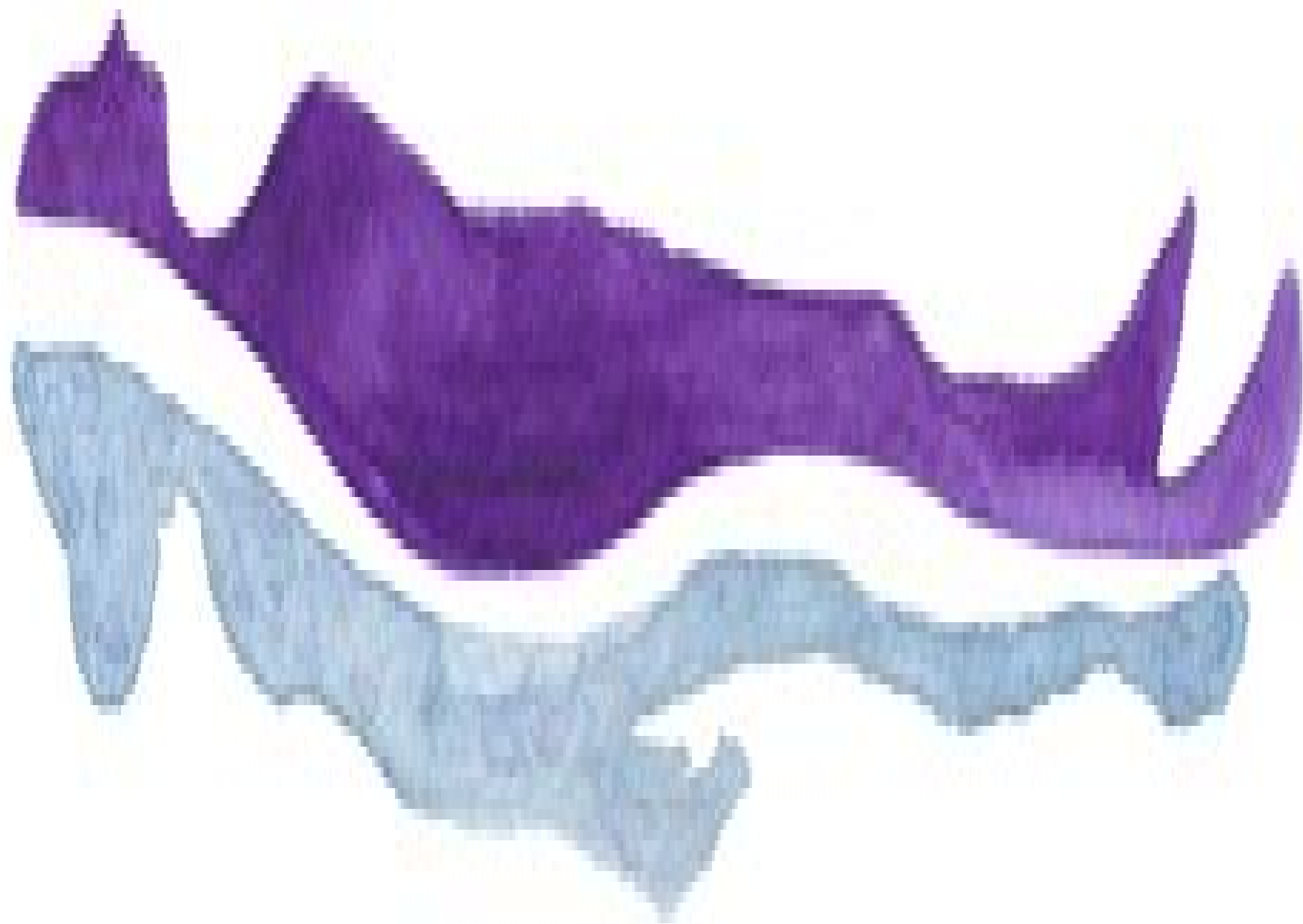




Ideokinesis Definition

Helen Thomas, Stacey Prickett



Ideokinesis Definition:

Ideokinesis Andre Bernard, Wolfgang Steinmuller, Ursula Stricker, 2012-05-29 Mabel Elsworth Todd pioneered ideokinesis in the 1920s Her book *The Thinking Body* described new ways to use all the senses as well as inner feeling and imagination to retrain the body to move with ease and balance The system became an invaluable tool for generations of dancers actors and performance artists thanks largely to one of its most important teachers Andr Bernard 1924 2003 This book presents an introduction to the practice as well as a lengthy interview with Bernard and two meticulously detailed workshop protocols illustrated with 52 photographs and line drawings **Teaching Dancing with Ideokinetic Principles** Drid

Williams, 2011-07-01 In examining ideokinesis and its application to the teaching and practice of dancing Drid Williams introduces readers to the work of Dr Lulu Sweigard 1895 1974 a pioneer of ideokinetic principles Drawing on her experiences during private instructional sessions with Sweigard over a two year span Williams discusses methods using imagery for improving body posture and alignment for ease of movement Central to Williams s own teaching methods is the application of Sweigard s principles and general anatomical instruction including how she used visual imagery to help prevent bodily injuries and increasing body awareness relative to movement Williams also emphasizes the differences between kinesthetic internal and mirror external imagery and shares reactions from professional dancers who were taught using ideokinesis Williams s account of teaching and practicing ideokinesis is supplemented with essays by Sweigard William James and Jean Georges Noverre on dancing posture and habits *Teaching Dancing with Ideokinetic Principles* offers an important historical perspective and valuable insights from years of teaching experience into how ideokinesis can shape a larger philosophy of the dance Dynamic Alignment Through Imagery Eric N. Franklin, 2012 Franklin shows readers how

to use imaging techniques to improve posture and alignment and to release excess tension The illustrations help explain the images and exercises and show how to use them in a variety of contexts *Dance and Somatics* Julie A. Brodie, Elin E. Lobel, 2014-01-10 Training in somatic techniques holistic body centered movement that promotes awareness and well being provides an effective means of improving dance students efficiency and ease of movement However dance educators do not always have the resources to incorporate this knowledge into their classes This volume explains the importance of somatics introduces fundamental somatic principles that are central to the dance technique class and offers tips on incorporating these principles into a dance curriculum The authors demystify somatic thinking by explaining the processes in terms of current scientific research By presenting both a philosophical approach to teaching as well as practical instruction tools this work provides a valuable guide to somatics for dance teachers of any style or level Instructors considering this book for use in a course may request an examination copy here Improvised Dance Nalina Wait, 2023-04-14 This book elucidates the technical aspects of improvised dance performance and reframes the notion of labour in the practice from one that is either based on compositionally formal logic or a mysterious impulse to one that addresses the in corporeal dimensions of practice

Mobilising the languages and conceptual frameworks of theories of affect embodied cognition somatics and dance this book illustrates the work of specialist improvisers who occupy divergent positions within the complex field of improvised dance It offers an alternative narrative of the history and current practice of Western improvised dance centred on the epistemology of its in corporeal knowledges which are elusive yet vital to the refinement of expertise Written for both a disciplinary specific and interdisciplinary audience this book will interest dance scholars students and practising artists

The Natural Body in Somatics Dance Training Doran George, 2020-10-05 From its beginnings as an alternative and dissident form of dance training in the 1960s Somatics emerged at the end of the twentieth century as one of the most popular and widespread regimens used to educate dancers It is now found in dance curricula worldwide helping to shape the look and sensibilities of both dancers and choreographers and thereby influencing much of the dance we see onstage worldwide One of the first books to examine Somatics in detail and to analyse how and what it teaches in the dance studio The Natural Body in Somatics Dance Training considers how dancers discover and assimilate new ways of moving and also larger cultural values associated with those movements The book traces the history of Somatics and it also details how Somatics developed in different locales engaging with local politics and dance histories so as to develop a distinctive pedagogy that nonetheless shared fundamental concepts with other national and regional contexts In so doing it shows how dance training can inculcate an embodied politics by guiding and shaping the experience of bodily sensation constructing forms of reflexive evaluation of bodily action and summoning bodies into relationship with one another Throughout the author focuses on the concept of the natural body and the importance of a natural way of moving as central to the claims that Somatics makes concerning its efficacy and legitimacy

The Routledge Companion to Dance Studies Helen Thomas, Stacey Prickett, 2019-10-30 The Routledge Companion to Dance Studies maps out the key features of dance studies as the field stands today while pointing to potential future developments It locates these features both historically within dance in particular social and cultural contexts and in relation to other academic influences that have impinged on dance studies as a discipline The editors use a thematically based approach that emphasizes that dance scholarship does not stand alone as a single entity but is inevitably linked to other related fields debates and concerns Authors from across continents have contributed chapters based on theoretical methodological ethnographic and practice based case studies bringing together a wealth of expertise and insight to offer a study that is in depth and wide ranging Ideal for scholars and upper level students of dance and performance studies The Routledge Companion to Dance Studies challenges the reader to expand their knowledge of this vibrant exciting interdisciplinary field

Neurodynamics Theodore Dimon, Jr, 2015-11-03 Neurodynamics combines the latest discoveries in science anatomy and mindfulness to form a new understanding of human awareness in action What good does it do to stretch relax or strengthen muscles if we don't know how these muscles are actually designed to function To be sound any physical therapy method must be based on scientific knowledge of how the musculoskeletal system works on the role of

proprioception in gaining awareness and control over this system and on the process of becoming more conscious in action. Written for both beginning and advanced students the book offers in depth explanations of the theory of neurodynamics together with illustrations outlining steps of development and practical exercises. Over 100 years ago F. Matthias Alexander made a series of discoveries about how the body works in action that made it possible for the first time to become conscious of what we are doing in activity. In *Neurodynamics* author Theodore Dimon, who has taught and written about Alexander's work for many years, seeks to put together a coherent theory and curriculum for the Alexander Technique and explain how this system works in scientific terms. *Neurodynamics* develops and expands on Alexander's teachings and gives practical explanations that form the basis not just for a method but for a truly educational theory of how the mind and body work in action.

The Oxford Handbook of Music and the Body Dr. Youn Kim, Dr. Sander L. Gilman, 2019-08-01. The presence of the phenomenological body is central to music in all of its varieties and contradictions. With the explosion of scholarly works on the body in virtually every field in the humanities, the social as well as the biomedical sciences, the question of how such a complex understanding of the body is related to music with its own complexity has been investigated within specific disciplinary perspectives. *The Oxford Handbook of Music and the Body* brings together scholars from across these fields providing a platform for the discussion of the multidimensional interfaces of music and the body. The book is organized into six sections each discussing a topic that defines the field: the moving and performing body, the musical brain and psyche, embodied mind, embodied rhythm, the disabled and sexual body, music as medicine, and the multimodal body. Connecting a wide array of diverse perspectives and presenting a survey of research and practice, the Handbook provides an introduction into the rich world of music and the body.

The Oxford Handbook of Dance and Competition Sherril Dodds, 2019. This Handbook asks how competition affects the presentation and experience of dance.

The Embodied Teen Susan Bauer, 2018-07-17. The first book to offer a somatic movement education curriculum adapted to the unique needs of adolescents, Susan Bauer presents a groundbreaking curriculum for teaching teens how to integrate body and mind, enhance kinesthetic intelligence, and develop the inner resilience they need to thrive now and into adulthood. Designed for educators, therapists, counselors, and movement practitioners, *The Embodied Teen* presents a pioneering introductory student-centered program in somatic movement education. Using the student's own body as the lab through which to learn self-care, injury prevention, body awareness, and emotional resilience, Bauer teaches basic embodiment practices that establish the foundation for further skill development in sports, dance, and leisure activities. Students learn the basics of anatomy and physiology and unlearn self-defeating habits that impact body image and self-esteem. By examining their cultural perceptions, they discover their body prejudices, helping them to both respect diversity and gain compassion for themselves and others. Concise and accessible, the lessons presented in this book will empower teens as they navigate the volatile physical and emotional challenges they face during this vibrant, powerful stage of life.

Body and Mind in Motion Glenna Batson, Margaret

Wilson,2014-06-01 Western contemporary dance and body mind education have engaged in a pas de deux for more than four decades The rich interchange of somatics and dance has altered both fields but scholarship that substantiates these ideas through the findings of twentieth century scientific advances has been missing This book fills that gap and brings to light contemporary discoveries of neuroscience and somatic education as they relate to dance Drawing from the burgeoning field of embodiment itself an idea at the intersection of the sciences humanities arts and technologies **Body and Voice** Marina Gilman,Gilman,2014-06-01 *Mindfulness and Performance* Amy L. Baltzell,2016-01-19 Incorporating the theoretical conceptualizations of Jon Kabat Zinn and Ellen Langer this volume illustrates how performers from a variety of disciplines including sport dance and music can use mindfulness to achieve peak performance and improve personal well being Leading scholars in the field present cutting edge research and outline their unique approach to mindfulness that is supported by both theory and practice They provide an overview of current mindfulness based manuals and programs used around the globe in countries such as the United States China and Australia exploring their effectiveness across cultures Mindfulness and Performance will be a beneficial reference for practitioners social and sport psychologists coaches athletes teachers and students Dance Teaching Methods and Curriculum Design Gayle Kassing,Danielle Jay-Kirschenbaum,Danielle Mary Jay,2021 Dance Teaching Methods and Curriculum Design Second Edition presents a comprehensive model that prepares students to teach dance in school and community settings It offers 14 dance units and many tools to help students learn to design lesson plans and units and create their own dance portfolio Finding Balance Gigi Berardi,2013-01-11 Finding Balance Fitness Health and Training for a Lifetime in Dance gives an overview of issues faced by all performing dancers injury and treatment technique and training fitness nutrition and diet and career management The text includes both easy to read overviews of each topic and profiles of well known dancers and how they have coped with these issues The new edition includes Updated and new profiles Expanded injury and injury treatment information Updated dance science and physiology findings and new references Updated diet guidelines Expanded and updated Taking Control section It concludes with a list of selected dance arts medicine clinics a bibliography glossary and text notes **The Lucid Body** Fay Simpson,2010-06-29 Actors Engage your mind and your body in order to develop your characters fully The Lucid Body technique breaks up stagnant movement patterns and expands your emotional and physical range Through energy analysis this program shows how to use physical training to create characters from all walks of life however cruel desolate or neurotic those characters may be Rooted in the exploration of the seven chakra energy centers The Lucid Body reveals how each body holds the possibility of every human condition Learn how to analyze the character hear the inner body dissect the self into layers of consciousness and more **Somatic Voices in Performance Research and Beyond** Christina Kapadocha,2020-10-21 Somatic Voices in Performance Research and Beyond brings together a

community of international practitioner researchers who explore voice through soma or soma through voice Somatic methodologies offer research processes within a new area of vocal somatic and performance praxis Voice work and theoretical ideas emerge from dance acting and performance training while they also move beyond commonly recognized somatics and performance processes From philosophies and pedagogies to ethnic racial and queer studies this collection advances embodied aspects of voices the multidisciplinary potentialities of somatic studies vocal diversity and inclusion somatic modes of sounding listening and writing voice Methodologies that can be found in this collection draw on eastern traditions body psychotherapy somatic psychology Alexander Technique Feldenkrais Method Authentic Movement Body Mind Centering Continuum Movement Integrative Bodywork and Movement Therapy Fitzmaurice Voicework Linklater Technique Roy Hart Method post Stanislavski and post Grotowski actor training traditions somaesthetics The volume also includes contributions by the founders of Shin Somatics Body and Earth Voice Movement Integration SOMart Somatic Acting Process This book is a polyphonic and multimodal compilation of experiential invitations to each reader's own somatic voice It culminates with the voices of contributing participants to a praxical symposium at East 15 Acting School in London July 19 20 2019 It fills a significant gap for scholars in the fields of voice studies theatre studies somatic studies artistic research and pedagogy It is also a vital read for graduate students doctoral and postdoctoral researchers

Dance Kinesiology Sally Sevey Fitt, 1996 A working knowledge of the science of movement can help any dancer achieve the goals of excellent performance and avoidance of injury For students and others in pursuit of that knowledge Dance Kinesiology is a comprehensive introduction to the ways muscles and bones work in all types of dance

Everything Moves Susan Lowell de Solórzano, 2020-10-09 What a multi sensory pleasure in learning I will be a better teacher and better clinician using what I am learning from this book Carol M Davis DPT EdD MS FAPTA The emerging science of biotensegrity provides a fresh context for re thinking our understanding of human movement but its complexities can be formidable Bodywork and movement professionals looking for an accessible and relevant guide to the concept and application of biotensegrity need look no further than Everything Moves How biotensegrity informs human movement In order to work with our own bodies and the bodies of our students clients and teams most effectively we need to understand the nature of our human structure Everything Moves offers the enquiring bodyworker or movement professional who wants to take their understanding of how to apply biotensegrity in their work to the next level a practical and relatable guide to the biotensegral nature of our bodies in which all of the parts are one yet all are constantly changing Throughout Everything Moves concepts and ideas are presented with activities and exercises to make them tangible accessible and applicable The material presented is suitable for coaches and movement teachers new to biotensegrity as well as those with more advanced levels of understanding Whether your focus is performance sports Alexander Technique Feldenkrais yoga Pilates martial arts or dance any arena in which bodies move can be informed by Everything Moves

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