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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, André Bernard (1924-2003).

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The core concept of Ideokinesis involves visualizing motor imagery to alter injurious mechanical forces by programming neuromuscular patterns. The purpose is to improve alignment and mechanical balance. The concept evolves around the idea of the mind's eye being able to alter injurious movement like stress to avoid strain and injury.

Ideokinesis and Movement Imagery - Integrated Movement Ideas

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The term 'ideokinesis' denotes use of such imagery to rehabilitate and precipitate human movement, which Sweigard borrowed from the American piano teacher Bonpensière, who used imagery in his music teaching, and invented the word by combining two words derivative of Greek: 'ideo' for idea or thought, and 'kinesis' for movement.

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, André 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.

Dances of José Limón and Erick Hawkins examines stagings of masculinity, whiteness, and Latinidad in the work of US modern dance choreographers, José Limón (1908-1972) and Erick Hawkins (1908-1994). Focusing on the period between 1945 to 1980, this book analyzes Limón and Hawkins' work during a time when modern dance was forming new relationships to academic and governmental institutions, mainstream markets, and notions of embodiment. The pre-war expressionist tradition championed by Limón and Hawkins' mentors faced multiple challenges as ballet and Broadway complicated the tenets of modernism and emerging modern dance choreographers faced an increasingly conservative post-war culture framed by the Cold War and Red Scare. By bringing the work of Limón and Hawkins together in one volume, Dances of José Limón and Erick Hawkins accesses two distinct approaches to training and performance that proved highly influential in creating post-war dialogues on race, gender, and embodiment. This book approaches Limón and Hawkins' training regimes and performing strategies as social practices symbiotically entwined with their geo-political backgrounds. Limón's queer and Latino heritage is put into dialogue with Hawkins' straight and European heritage to examine how their embodied social histories worked co-constitutively with their training regimes and performance strategies to produce influential stagings of masculinity, whiteness, and Latinidad.

Mabel Todd's The Thinking Body (1937) still stands today as a classic study of human anatomy and kinesiology that introduces many of the founding principles of somatic movement education. TBI Media offers a Special Edition of the book which replicates the style of the original cover, typography and drawings and provides an updated index.

This comprehensive book will serve as a step-by-step guide to Laban/Bartenieff Movement Analysis, updating and expanding concepts and practices. Following extensive research on the method developed by Rudolf von Laban and his disciples, this book explains movement principles, exercises, and motif symbols in detail. Organized according to the four categories of Laban/Bartenieff Movement Analysis (Body-Effort-Shape-Space), additional chapters present the different developments of the theory in relation to performing arts and movement therapy. The author draws on Laban/Bartenieff Movement Analysis as a dynamic and connective approach, traveling from classroom and studio to everyday life, stage performance, and film acting. The Laban perspective serves as a multimedia artistic viewpoint, intertwining theory, learning, and imagery. This unique approach to this internationally used method is essential reading for educators and students of dance and other performing arts and movement-related professions.

The Adaptation Diet presents a plan clinically proven to lower levels of cortisol, the main stress hormone and a major component of the obesity epidemic. By reducing excess cortisol, you can: • Decrease your risk for diabetes, heart disease, cancer, and high blood pressure • Lose the fat around your midsection and increase your lean muscle mass • Improve your ability to adapt to emotional and situational stress Dr. Charles Moss takes readers through a three-step program—detoxification, elimination of common food allergens, and the implementation of an anti-inflammatory diet—with specific advice on the avoidance of toxins and the inclusion of key bioactive, cortisol-controlling foods and nutrients such as flaxseed powder, cold water fish, specialized herbs, and vitamins. In addition, using the newly emerging science of epigenetics, he explains how diet and environment influence our biological destiny, and he provides more than 100 delicious recipes, as well as menu plans, for life-long control of biochemical stress. You'll learn which foods protect gene expression and help reduce your risk for obesity as well as how to protect your children's gene expression before they are even born. By following the right dietary suggestions, we can change ourselves right down to our genes and reduce our chances for disease. From the Trade Paperback edition.

This comprehensive, novel and exciting interdisciplinary collection brings together leading international authorities from the history of sport, social history, art history, film history, design history, cultural studies and related fields to explore the ways in which visual culture has shaped, and continues to impact upon, our understanding of sport as an integral element within popular culture. Visual representations of sport have previously been little examined and under-exploited by historians, with little focused and rigorous scrutiny of these vital historical documents. This study seeks to redress this balance by engaging with a wide variety of cultural products, ranging from sports stadia and monuments in the public arena, to paintings, prints, photographs, posters, stamps, design artefacts, films and political cartoons. By examining the contexts of both the production and reception of this historical evidence, and highlighting the multiple meanings and social significance of this body of work, the collection provides original, powerful and stimulating insights into the ways in which visual material assists our knowledge and understanding of sport. This collection will facilitate researchers, publishers and others with an interest in sport to move beyond traditional text-based scholarship and appreciate the powerful imagery of sport in new ways. This book was previously published as a special issue of the International Journal of the History of Sport.

Robin Veder's The Living Line is a radical reconceptualization of the development of late-nineteenth- and early-twentieth-century American modernism. The author illuminates connections among the histories of modern art, body cultures, and physiological aesthetics in early-twentieth-century American culture, fundamentally altering our perceptions about art and the physical, and the degree of cross-pollination in the arts. The Living Line shows that American producers and consumers of modernist visual art repeatedly characterized their aesthetic experience in terms of kinesthesia, the sense of bodily movement. They explored abstraction with kinesthetic sensibilities and used abstraction to achieve kinesthetic goals. In fact, the formalist approach to art was galvanized by theories of bodily response derived from experimental physiological psychology and facilitated by contemporary body cultures such as modern dance, rhythmic gymnastics, physical education, and physical therapy. Situating these complementary ideas and exercises in relation to enduring fears of neurasthenia, Veder contends that aesthetic modernism shared industrial modernity's objective of efficiently managing neuromuscular energy. In a series of finely grained and interconnected case studies, Veder demonstrates that diverse modernists associated with the Armory Show, the Sociétiž Anonyme, the Stieglitz circle (especially O'Keefe), and the Barnes Foundation participated in these discourses and practices and that "kin-aesthetic modernism" greatly influenced the formation of modern art in America and beyond. This daring and completely original work will appeal to a broad audience of art historians, historians of the body, and American culture in general.

Somatic psychology and bodymind therapy (the simultaneous study of the mind and body) are challenging contemporary understandings of the psyche, of what it means to be human and how to heal human suffering.

In its first English-language edition, this detailed training manual is a complete guide to Gao baguazhang, as preserved through the lineage of Liu Fengcai. The youngest of the major bagua lineages, Gao bagua shows the influence of taiji quan, xingyi quan, and shuai jiao. It incorporates traditional bagua weapons, pre-heaven palms, and animal forms in addition to sixty-four individual post-heaven palms and their accompanying two-person forms. A unique synthesis of health-building techniques, Daoist theory, and practical fighting applications, Gao-style bagua is an example of the finest internal-arts traditions. The original manuscript for The Cheng School Gao Style Baguazhang Manual was completed by the art's founder, Gao Yisheng, in 1936. It was not published at the time, but handed down to his student Liu Fengcai, who edited and published the first Chinese edition in 1991 with the help of his own student Liu Shuhang. In 2005, Liu Shuhang published a revised and expanded version, and this was again expanded and reissued in a third edition in 2010. Now, the manual has been translated and fully updated for its first English-language edition. Including over 400 photos showing step-by-step techniques and forms, the manual documents the fundamentals of the art as well as detailed descriptions of techniques and empty-hand forms, laying the groundwork for advanced training. This edition includes rare photos of important masters in the Gao lineage, lineage charts, biographies, and other updates, making it the essential companion for anyone studying Gao style and a useful guide for any practitioner of baguazhang or other Chinese martial arts. From the Trade Paperback edition.

Centered and Connected presents body-based techniques that integrate practices of self-reflection and non-judgmental awareness in order to facilitate healing, build self-esteem, and develop a stronger connection to one's body. The book draws on specific mindfulness techniques, designed to help those who tend to neglect their personal needs or ignore their limits. Both methodologically comprehensive and practical in its approach, this book inspires readers to explore and find a balance between being centred within themselves and connected to their surroundings. The book begins with a description of the disconnection between the mind and body, a situation which creates a sense of alienation within oneself and can contribute to a lack of self-acceptance, a negative perception of one's body, as well as more serious psychological and emotional issues. The book concludes with 128 practical activities designed to facilitate a connection with one's body. Some of the body areas explored include the head, heart, hands, feet, stomach, and pelvis, as well as body-related phenomena such as the breath, gravity, and the voice. Each topic is followed by four simple and enjoyable activities that are meant to improve one's relationship with one's body.

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