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 The Feldenkrais Method in Creative Practice
 Introducing Contemplative Studies

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JAUQUAN MARKS

Body Psychotherapy: History, Concepts, and Methods Triarchy Press

Dance/movement as active imagination was originated by Jung in 1916. Developed in the 1960s by dance therapy pioneer Mary Whitehouse, it is today both an approach to dance therapy as well as a form of active imagination in analysis. In her delightful book Joan Chodorow provides an introduction to the origins, theory and practice of dance/movement as active imagination. Beginning with her own story the author shows how dance/ movement is of value to psychotherapy. An historical overview of Jung's basic concepts is given as well as the most recent depth psychological synthesis of affect theory based on the work of Sylvan Tomkins, Louis Stewart, and others. Finally in discussing the use of dance/movement as active imagination in practice, the movement themes that emerge and the non-verbal expressive aspects of the therapeutic relationship are described.

The Bodymind Ballwork Method Springer

A cutting-edge anthology that opens the door for emergent voices from African American, Indigenous, Latin American, and Asian embodiment traditions to transform the field of somatics The notion of "body" that underlies most available writings about somatic theories and practices often assumes a universal normality of structure and function that has now come into question. In this collection, viewpoints grounded in neural, hormonal, gender, and physiological diversities challenge convention and open up a more inclusive world of somatics for psychotherapy and many forms of bodywork. The authors embody these differences and have developed their particular somatic practices out of direct experience. Their narratives offer new approaches to the transformation of our social order's bodily roots enabling a healing of the recurrent traumas of the past. Covering topics such as the autistic body-mind, how the human body is both shaped by and shapes contemporary society, and somatic psychotherapy as a trustworthy resource for healing within the African American community, these poignant essays will help students and practitioners of somatics broaden the scope and efficacy of their therapeutic practices.

River of Breath North Atlantic Books

The resources in this book are offered to empower you with greater access to the therapies of complementary medicine those supported by research evidence and most widely accepted by physicians and consumers. Expanding the continuum of care to include lifestyle and complementary therapies can provide additional tools to address the health concerns that challenge our

patients.

Groundworks Routledge

Body and space refer to vital and interrelated dimensions in the experience of sounds and music. Sounds have an overwhelming impact on feelings of bodily presence and inform us about the space we experience. Even in situations where visual information is artificial or blurred, such as in virtual environments or certain genres of film and computer games, sounds may shape our perceptions and lead to surprising new experiences. This book discusses recent developments in a range of interdisciplinary fields, taking into account the rapidly changing ways of experiencing sounds and music, the consequences for how we engage with sonic events in daily life and the technological advancements that offer insights into state-of-the-art methods and future perspectives. Topics range from the pleasures of being locked into the beat of the music, perception-action coupling and bodily resonance, and affordances of musical instruments, to neural processing and cross-modal experiences of space and pitch. Applications of these findings are discussed for movement sonification, room acoustics, networked performance, and for the spatial coordination of movements in dance, computer gaming and interactive artistic installations.

The Embodied Teen Routledge

A life-long teacher of breathing practices offers a program of gentle exercises that relieve stress and benefit all who use breath consciously, including those in the performing arts and public speaking.

Neural Mechanisms Underlying Movement-Based Embodied Contemplative Practices North Atlantic Books

This book reflects on the aftermath of shifts encountered in the maturing of digital culture in areas of critical theory and artistic practices, focusing on the awareness that contemporary subjectivity is one that dwells within both the virtual and the real.

Esalen North Atlantic Books

Bringing together scholars and researchers in one volume, this study investigates how the thinking of the Ukrainian-Israeli somatic educationalist Moshe Feldenkrais (1904-84) can benefit and reflect upon the creative practices of dance, music and theatre. Since its inception, the Feldenkrais Method has been associated with artistic practice, growing contiguously with performance, cognitive and embodied practices in dance, music, and theatre studies. It promotes awareness of fine motor action for improved levels of action and skill, as well as healing for those who are injured. For creative artists, the Feldenkrais Method enables them to refine and improve their work. This book offers historical, scientific and practical perspectives that develop thinking at the heart of the Method and is divided into three sections: Historical Perspectives on Creative Practice, From

Science into Creative Practice and Studies in Creative Practice. All the essays provide insights into self-improvement, training, avoiding injury, history and philosophy of artistic practice, links between scientific and artistic thinking and practical thinking, as well as offering some exercises for students and artistic practitioners looking to improve their understanding of their practice. Ultimately, this book offers a rich development of the legacy and the ongoing relevance of the Feldenkrais Method. We are shown how it is not just a way of thinking about somatic health, embodiment and awareness, but a vital enactivist epistemology for contemporary artistic thought and practice.

Discovering the Body's Wisdom North Atlantic Books
 Release stress and tension in the body using only rubber balls with this illustrated, step-by-step guide Yoga and bodywork teacher Ellen Saltonstall introduces a self-directed, gentle practice to help release tension in the body. The Bodymind Ballwork Method features the use of rubber balls in a range of sizes to support, massage, and stretch the body in specific places, with clear instructions for techniques from head to toe. An integrative body-mind practice, Bodymind Ballwork works to relieve soft tissue pain as well as emotional stress and trauma and is designed to empower readers to maintain their own health and mobility.

Ways to Better Breathing North Atlantic Books

In (toward) a phenomenology of acting, Phillip Zarrilli considers acting as a 'question' to be explored in the studio and then reflected upon. This book is a vital response to Jerzy Grotowski's essential question: "How does the actor 'touch that which is untouchable?'" Phenomenology invites us to listen to "the things themselves", to be attentive to how we sensorially, kinesthetically, and affectively engage with acting as a phenomenon and process. Using detailed first-person accounts of acting across a variety of dramaturgies and performances from Beckett to newly co-created performances to realism, it provides an account of how we 'do' or practice phenomenology when training, performing, directing, or teaching. Zarrilli brings a wealth of international and intercultural experience as a director, performer, and teacher to this major new contribution both to the practices of acting and to how we can reflect in depth on those practices. An advanced study for actors, directors, and teachers of acting that is ideal for both the training/rehearsal studio and research, (toward) a phenomenology of acting is an exciting move forward in the philosophical understanding of acting as an embodied practice.

Multiplicity, Embodiment and the Contemporary Dancer

North Atlantic Books

This book is a collection of writings on principles and techniques by the pioneers of bodywork and body awareness disciplines.

Together, they represent a historical record of the field of somatics. Ranging from hands-on workers like Ida Rolf to phenomenologist Elizabeth Behnke, their lives span this century. In these lectures, writings, and interviews, editor Don Hanlon Johnson has sought to reveal the unbroken lineage, theoretical differences, and major similarities of these originators.

Dance and Somatics Springer Science & Business Media

This book weaves together the experience of trauma, neuroscience and Gestalt theory and applies these to clients.

Planet Medicine Barrytown Limited

This book explores the co-creative practice of contemporary dancers solely from the point of view of the dancer. It reveals multiple dancing perspectives, drawn from interviews, current writing and evocative accounts from inside the choreographic process, illuminating the myriad ways that dancers contribute to the production of dance culture.

Complementary Medicine in Clinical Practice University of Chicago Press

Planet Medicine is a major work by an anthropologist who looks at medicine in a broad context. In this edition, additions to this classic text include a section on Reiki, a comparison of types of palpation used in healing, updates on craniosacral therapy, and a means of understanding how different alternative medicines actually work. Illustrated throughout, this is the standard on the history, philosophy, and anthropology of this subject.

Body, Spirit, and Democracy Taylor & Francis

Body, Spirit and Democracy addresses how can we, of different ethical values, spiritual commitments, and ethnic backgrounds, work together to create a more humane world. The unique perspective on this common concern is from the author's lifetime of work within the family of body-therapies, exercise and movement disciplines that emerged in Northern Europe and the United States during the middle of the 19th Century. In the spirit of 12-step meetings and Native American circles, the author tells a number of stories of his and others' journeys, which illustrate how the most seemingly abstract spiritual notions about life are distilled from dense bodily experience. By connecting the flesh of stories with the abstractions of spiritual and philosophical viewpoints, the author situates himself among the many activists, intellectuals, artists, and religious workers who are working towards accustoming people to embracing spiritual diversity as more healing than the monistic alternatives.

Moving Sites McFarland

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.

Diverse Bodies, Diverse Practices Bloomsbury Publishing USA

The Body in Psychotherapy explores the life of the body as a basis of psychological understanding. Its chapters describe the use of movement, awareness exercises, and bodily imagination in work with various populations and life situations. It chronicles somatic work with childhood trauma, political torture, and life transitions such as aging, the loss of parents, and the emergence of a sense of self. The Body in Psychotherapy is the third in a groundbreaking series that provides a theoretical and practical context for the emerging field of Somatics. The first and second book of the series are Bone, Breath, and Gesture and Groundworks.

Encyclopedia of Phenomenology W. W. Norton & Company

In an attractive, oversized format, enlivened with illustrations, sidebar quotes, personal accounts, techniques to try, and profiles of leaders in the field, *Discovering the Body's Wisdom* is a basic resource for well-being and natural health. Body disciplines and therapies have enjoyed phenomenal growth in the past decade, becoming a major alternative to mainstream medicine and traditional psychotherapy. But with more than 100,000 practitioners and dozens of methods available in the United States alone, how can consumers choose the right one for themselves? Mirka Knaster's richly informative guide provides an overview of the principles and theories underlying the major Eastern and Western body therapies, or "bodyways." It shows readers how to befriend their own bodies, getting back in touch with their internal sources of health and wisdom. It also describes more than 75 individual approaches, answering such questions as: How does each therapy work? What can we expect from one session or a series? What are the reasons for selecting this method? How do we find a qualified practitioner? What, if any, are the "consumer-bewares"?

Dance Therapy and Depth Psychology Bantam

Stanislavsky's system of actor-training has revolutionised modern theatre practice, and he is widely recognised to be one of the great cultural innovators of the twentieth century. The Routledge Companion to Stanislavsky is an essential book for students and scholars alike, providing the first overview of the field for the 21st century. An important feature of this book is the balance between Stanislavsky's theory and practice, as international contributors present scholarly and artistic interpretations of his work. With chapters including academic essays and personal narratives, the Companion is divided into four clear parts, exploring Stanislavsky on stage, as an acting teacher, as a theorist and finally as a theatre practitioner. Bringing together a dazzling selection of original scholarship, notable contributions include: Anatoly Smeliansky on Stanislavsky's letters William D. Gunn on staging ideology at the Moscow Art Theatre Sharon Marie Carnicke and David Rosen on opera Rosemary Malague on the feminist

perspective of new translations W.B. Worthen on cognitive science Julia Listengarten on the avant-garde David Krasner on the System in America and Dennis Beck on Stanislavsky's legacy in non-realistic theatre R. Andrew White is Associate Professor of Theatre at Valparaiso University, where he annually directs productions. He has an MFA in Acting from Carnegie Mellon University and the Moscow Art Theatre School, and has worked as an actor at a variety of theatres in the United States. In addition, his scholarship has appeared in edited works published by Routledge and Palgrave Macmillan, as well as in top American journals including Theatre Survey, TDR/The Drama Review, and New England Theatre Journal.

The Routledge Companion to Stanislavsky Taylor & Francis

Exploring Body-Mind Centering features 35 essays on Body-Mind Centering (BMC), an experiential practice based on the application of anatomical, physiological, psychophysical, and developmental principles. Using the work of BMC founder Bonnie Bainbridge Cohen as a springboard, the book showcases diverse situations—from medical illness to blocked creativity—in which this discipline is applied with transformative results. Exploring Body-Mind Centering is divided into three sections, preceded by an introduction framing BMC as a pathway to becoming aware of relationships that exist throughout the body and mind and using that awareness to act. The first section lays the groundwork for this process, with real-life experiences and exercises that encourage readers to interact with the text. Section two contains valuable case stories describing the experiences of BMC students and practitioners as they work with clients. Section three shows how BMC can be integrated with other disciplines and practices that include the arts, medicine, and yoga. The book concludes with a biography of Cohen, a profile of the School for Body-Mind Centering, and a history of BMC.

Body, Sound and Space in Music and Beyond: Multimodal Explorations Springer

From yoga to neuroscience, a tour of major ideas about the body and mind. Body psychotherapy, which examines the relationship of bodily and physical experiences to emotional and psychological experiences, seems at first glance to be a relatively new area and on the cutting edge of psychotherapeutic theory and practice. It is, but the major concepts of body/mind treatment are actually drawn from a wide range of historical material, material that spans centuries and continents. Here, in a massively comprehensive book, Michael Heller summarizes all the major concepts, thinkers, and movements whose work has led to the creation of the field we now know as body/mind psychotherapy. The book covers everything from Eastern and Western thought—beginning with yoga and Taosim and moving to Plato and Descartes. It also discusses major developments in biology—how organisms are defined—and neuroscience. This is truly a comprehensive reference for anyone interested in the origins of the idea that the mind and body are not separate and that both must be understood together in order to understand people and their behavior.