



# Ideokinesis Definition

**Eric N. Franklin**



## **Ideokinesis Definition:**

*Ideokinesis* Andre Bernard, Wolfgang Steinmüller, 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

**Ideokinese** André Bernard, Ursula Stricker, Wolfgang Steinmüller, 1999-12-31 Die Ideokinese wurde in den 1920er Jahren von Mabel Elsworth Todd Der Körper denkt mit entwickelt um die Koordination der Muskulatur zu verbessern Bis heute bleibt dieser Ansatz einzigartig darin dass er sich auf die Kraft der Vorstellung verlässt um neuromuskuläre Muster von Haltung und Bewegung umzugestalten Andr Bernard 1924 2003 war einer der Hauptvertreter von Todds Ansatz und hat als Professor an der New York University die Ideokinese seit 1966 an Generationen von Tanz und Schauspielstudenten weitergegeben Einige wurden später selbst Lehrer dieser Methode 1986 stellte er die Ideokinese erstmals in Europa vor und unterrichtete bis zum Jahr 2000 Sommerkurse in der Schweiz und in Deutschland Das vorliegende Buch enthält neben einem Interview mit Andr Bernard seine Beschreibung der Arbeitsweise und mit Bildern illustrierte Workshop Protokolle zum Selbststudium

**Dictionary of Natural Healing** Deborah Mitchell, 2025-08-22 Find out about the newest natural remedies and what they can do for you With the hundreds of complementary treatments available today this new up to the minute A Z reference lets you quickly and easily investigate all the natural approaches for your health needs Whether you've wondered about the mind body healing methods of SHEN Specific Human Energy nexus and Reiki or been intrigued by alternative approaches to illness such as using glucosamine sulfate or cayenne in arthritis therapy Deborah R Mitchell's *Dictionary of Natural Healing* gives you all the information you need to know in a concise comprehensive format Filled with fascinating facts and covering over 250 subjects the *Dictionary of Natural Healing* is an essential volume for anyone interested in alternative therapies and a holistic approach to health Each entry includes Definition Pronunciation and other spellings Conditions for which the therapy or product is used How it is performed or applied Cross references Plus appendices provide helpful facts on Finding a qualified practitioner in dozens of specialties Product information Further reading and reference materials

**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

**Food & Fitness: A Dictionary of Diet & Exercise** Michael Kent, 2017-03-30 This second edition of Food Fitness A Dictionary of Diet Exercise provides more than 1 800 entries on all matters relating to diet and exercise Subject areas covered include diet methods food supplements exercise sports injuries anatomy energy related terms exercises for improving strength flexibility stamina weight control training methods and principles calorie requirements of different activities and other related topics For this update all entries have been reviewed and updated where necessary and 20 000 new and revised words have been added alongside web links to relevant online resources and images Focus areas include computer and satellite technology DNA technology food and drink labelling and the psychological aspects of dieting and exercising and new entries cover topics such as accelerometry drink labelling exercise tracking mindfulness national diet and nutrition survey and spontaneous activity expenditure A good diet and regular exercise are the key components of a healthy lifestyle Food Fitness gives the reader a wealth of information which will help them to evaluate claims made about different diets and types of exercise and to select the combination most suited to their needs

**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 Dictionary of Psychology** Ray Corsini, 2016-12-05. With more than three times as many defined entries, biographies, illustrations and appendices than any other dictionary of psychology ever printed in the English language, Raymond Corsini's Dictionary of Psychology is indeed a landmark resource. The most comprehensive up to date reference of its kind, the Dictionary also maintains a user friendliness throughout. This combination ensures that it will serve as the definitive work for years to come. With a clear and functional design and highly readable style, the Dictionary offers over 30 000 entries including interdisciplinary terms and contemporary slang, more than 125 illustrations as well as extensive cross referencing of entries. Ten supportive appendices such as the Greek Alphabet, Medical Prescription Terms and biographies of more than 1 000 deceased contributors to psychology further augment the Dictionary's usefulness. Over 100 psychologists as well as numerous physicians participated as consulting editors and a dozen specialist consulting editors reviewed the material. Dr Alan Auerbach, the American Psychological Association's de facto dictionary expert, served as the senior consulting editor. As a final check for comprehensiveness and accuracy, independent review editors were employed to re-examine, re-review and re-approve every entry.

**The Natural Body in Somatics Dance Training** Doran George, 2020. 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.

**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 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     The Oxford Handbook of Dance and Competition Sherril Dodds,2019 This Handbook asks how competition affects the presentation and experience of dance     *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     International Dictionary of Modern Dance Taryn Benbow-Pfalzgraf (editor),Glynis Benbow-Niemier,1998 Offering an up to date and comprehensive examination of modern dance this reference offers alphabetically arranged essays selected written and reviewed by expert contributors     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 re 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      **Body and Voice** Marina Gilman,Gilman,2014-06-01      **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      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      *Back Pain Solutions* Bruce I. Kodish,2001

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