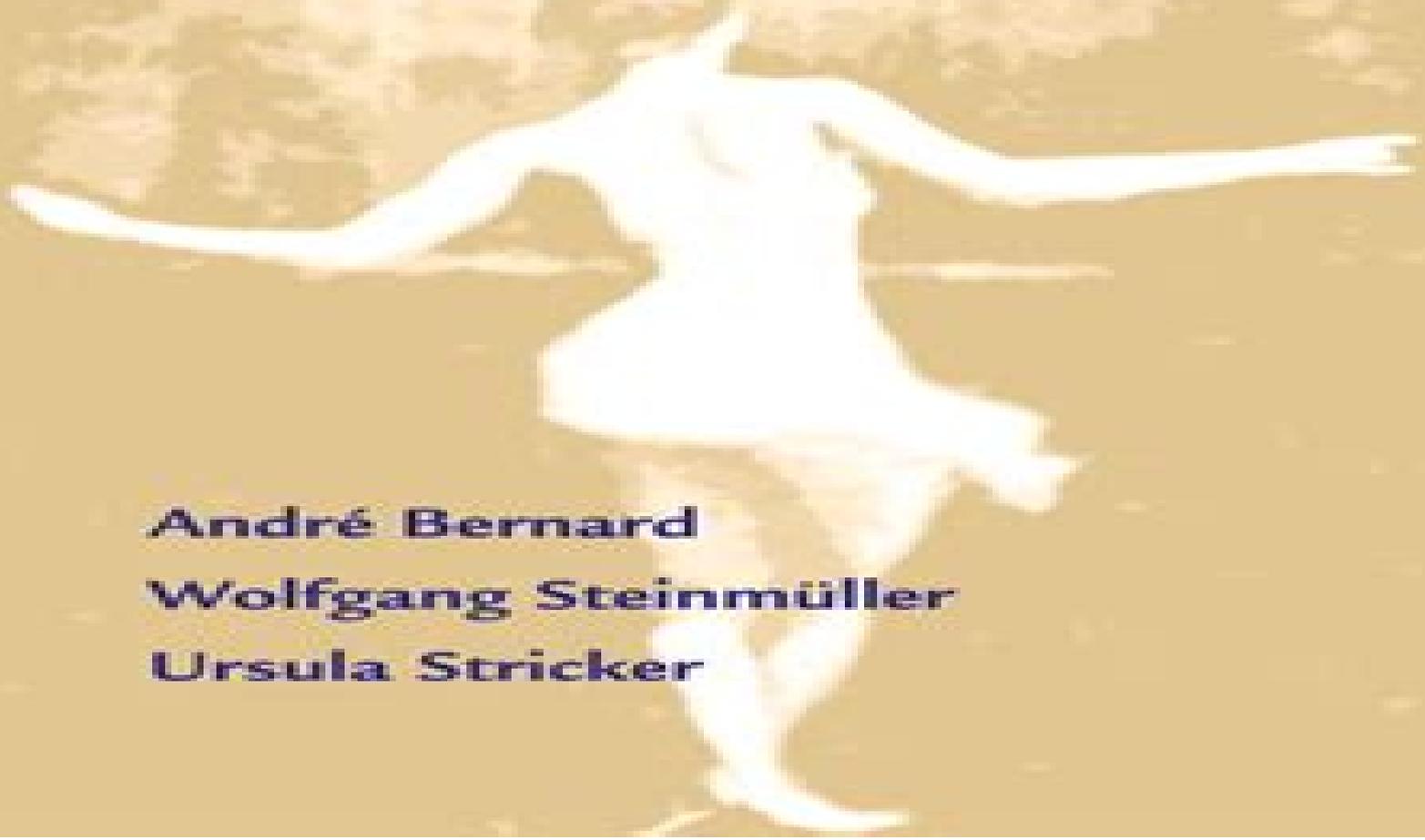


ideokinesis

**A Creative Approach to Human
Movement & Body Alignment**



André Bernard

Wolfgang Steinmüller

Ursula Stricker

Ideokinesis Definition

Judith Scott



Ideokinesis Definition:

Teaching Dancing with Ideokinetic Principles Drid Williams, 2011-07-27 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 *The Illustrated Encyclopedia of Body-mind Disciplines* Nancy Allison, 1999 Introduces various programs and activities designed to awaken the links between mind body and spirit including sensory therapies subtle energy practices massage movement therapy methods martial arts yoga meditation and creative arts therapies *Career Longevity* Jean'e E Freeman, Sandra K Anderson, 2012-02-20 Avoid the injury muscle strain fatigue and burnout that can shorten your career as a bodywork practitioner This easy to use reference develops the skills you need to foster ease of movement and decrease your chance of injury These skills including self assessment life style choices body awareness and mechanics balanced posture efficient breathing self care habits and injury prevention give you the foundation you need to ensure that you are not putting undue strain on your own body You'll learn how to maintain proper body mechanics and how to integrate wellness self care and nutrition into your practice

Yoga Journal, 1998-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *Good-bye to Bad Backs* Judith Scott, 1988 [International Encyclopedia of Dance](#) Dance Perspectives Foundation, 1998 Contains alphabetically arranged entries that provide information about various aspects of dance around the world covering ritual social and theatrical dance forms and including articles about history techniques music costume dance films and writing and major dance personalities

Theatrical Movement Bob Fleshman, 1986 Bibliographic essays on theatre dance and

movement throughout Asia Africa the Middle East Oceania and the Americas theoretical papers on analysis notation psychology and non verbal communication paper by S A Wild separately annotated **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 Australasian Drama Studies ,2001 Contact Quarterly ,1980 A vehicle for moving ideas **Bibliographic Guide to Dance** New York Public Library. Dance Collection,1993 *Index to Dance Periodicals 1998* Nypl Dance Collection,1999-08 **Definition and Induction** Kisor Kumar Chakrabarti,1995-03-01 Definition is an important scientific and philosophical method In all kinds of scientific and philosophical inquiries definition is provided to make clear the characteristics of the things under investigation Definition in this sense sometimes called real definition should state the essence of the thing defined according to Aristotle In another currently popular sense sometimes called nominal definition definition explicates the meaning of a term already in use in an ordinary language or the scientific discourse or specifies the meaning of a new term introduced in an ordinary language of the scientific discourse Definition combines the purposes of both real and nominal definition and is promoted by the Nyaya philosophers of India Another important method of science and philosophy is induction In a narrow sense induction is a method of generalization to all cases from the observation of particular cases In a broad sense induction is a method for reasoning from some observed fact to a different fact not involved in the former We understand induction in the broad sense though more often we shall actually be concerned with induction in the narrow sense How can our limited experience of nature provide the rational basis for making knowledge claims about unobserved phenomena

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