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Mind Body
Training in somatic
techniques-- holistic
body-centered
movement that
promotes psycho-

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physical 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.

Dance and Somatics:

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body-centered
movement that
promotes awareness
and well-
being--provides an
effective means of
improving dance
students' efficiency and
ease of movement....*

*Dance and Somatics:
Mind-Body Principles
of Teaching and ...*

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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 s Training in somatic techniques--holistic body-centered movement that promotes awareness

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and well-
being--provides an
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improving dance
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*Dance and Somatics:
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Somatic practices that
have been integrated
readily into dance
curriculum include*

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*Ideokinesis, The
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the Alexander
Technique and the
Body-Mind Centering.*
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*All these approaches
have a common goal
that is enhancing
kinaesthetic awareness
in a non-judgmental
and non-competitive
environment.*

Somatics in Dance -
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*Integrated Movement
Ideas
Dance and Somatic
Wellbeing: Connections
to the Living Body
centres on the lived-felt-
body through
explorations in the
imaginal, sensuous,
emotional, spiritual,
and philosophical
aspects of the body.
This course sees
somatic movement as a*

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*practical life tool
through which to
promote wellbeing,
develop a more holistic
sense of self, and a
capacity to be in
relationship with others
and our environment.*

*Dance and Somatic
Wellbeing: Connections
to the Living ...
Somatic education
differs first from*

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*traditional dance
pedagogy in its
philosophical basis –
that of dismembering
mind-body dualism in
pursuit of personal
autonomy. 6 "Self
awareness, self-control,
and the active
application of the will
to the processes of
growth and
development are the
major themes of this*

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education.” 15, p. xxx

*This philosophical shift
had a profound impact
on practice.*

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*Somatic Studies and
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...

*Somatics is a field
within bodywork and
movement studies
which emphasizes
internal physical*

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*perception and
experience. The term is
used in movement
therapy to signify
approaches based on
the soma, or "the body
as perceived from
within," including
Alexander technique,
the Feldenkrais
Method, and Rolfing
Structural Integration.
In dance, the term
refers to techniques*

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*based on the dancer's
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internal sensation, in
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contrast with
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"performative
techniques," such as
ballet or modern dance,
which emphasize*

*Somatics - Wikipedia
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and BMC® are
registered service
marks of Bonnie
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Somatic Studies and

Dance. by the

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*International
Association for Dance
Medicine and Science.
www.DanceEducation.
org. “I think, therefore
I move” Thomas
Hanna. Since the
1970s, a growing
number of dancers
have sought additional
training in mind-body
techniques loosely
called “somatic
studies,” or simply,*

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“somatics.” *1* *Once considered esoteric and far removed from daily technique class, somatics is now a household word in a dancer’s training.*

Somatic Studies and Dance
Somatic psychology asserts that the body and the mind, that is, the powerhouse of a

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person's reasoning and thoughts, are deeply rooted. The mind influences the body, the body influences the mind. Contemporary practitioners of somatic therapy believe that viewing the mind and body as one entity is essential to the therapeutic process.

Somatic Therapy:

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*Exploring Mind &
Body Psychology | E ...*

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Elizabeth.

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The word Somatics was
coined by Thomas
Hanna (1928 - 1990),
who founded the
Novato Institute for
Somatic Research in*

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1975, which refers to our whole body that encompasses our psyche, mind and even soul or spirit.

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mind-body principles of
teaching and
performance Brodie,
Julie A ; Lobel, Elin E
Training in somatic
techniques-- holistic*

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*body-centered
movement that
promotes psycho-
physical awareness and
well-being--provides an
effective means of
improving dance
students' efficiency and
ease of movement.*

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mind-body principles of
teaching and ...*

What does somatic

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*mean? Somatic stems
from the Greek Word
Soma which means
living body in whole
ness. In 1976 Thomas
Hanna formally
developed the field of
somatics. This field of
practice supports
movement awareness
where individuals work
subjectively, with body-
mind connectivity. In
Somatics one's 'lived'*

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*experience is
recognized and
integrated into the body-
based practice.*

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*Laban Movement |
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Somatics, the field of
mind-body integration,
offers pedagogical
frameworks that can
deepen the benefits of*

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*dance education in
relation to bodily
attention and
performance, individual
autonomy, and
intersubjective
mutuality.*

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Somatics describes any
practice that uses the
mind-body connection*

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*to help you survey your
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to signals your body
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sends about areas of
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pain, discomfort, or
imbalance. These...*

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a unique synthesis of
some of the finest forms
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movement - Laban
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Fundamentals which
teach movement
efficiency and Body-
Mind Centering®
which helps to bring
consciousness to all
parts of the body.*

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Trauma: 2 Ways to

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techniques-- holistic
body-centered
movement that
promotes psycho-
physical awareness and

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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.

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and well-
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However, dance*

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of somatics, introduces
fundamental s Training
in somatic
techniques--holistic
body-centered
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promotes awareness
and well-*

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*being--provides an
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improving dance
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ease of movement.*

*Dance and Somatics:
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of Teaching and ...
Somatic practices that
have been integrated
readily into dance
curriculum include
Ideokinesis, The*

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*Feldenkrais Method,
the Alexander
Technique and the
Body-Mind Centering.*
All these approaches
have a common goal
that is enhancing
kinaesthetic awareness
in a non-judgmental
and non-competitive
environment.

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Integrated Movement*

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Dance and Somatic
Wellbeing: Connections
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body through
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emotional, spiritual,
and philosophical
aspects of the body.
This course sees
somatic movement as a
practical life tool

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*through which to
promote wellbeing,
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sense of self, and a
capacity to be in
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and our environment.*

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Somatic education
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and the active
application of the will
to the processes of
growth and
development are the
major themes of this
education."* 15, p. xxx

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*This philosophical shift
had a profound impact
on practice.*

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*Somatics is a field
within bodywork and
movement studies
which emphasizes
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*experience. The term is
used in movement*

therapy to signify

approaches based on

*the soma, or "the body
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Alexander technique,

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Structural Integration.

In dance, the term

refers to techniques

based on the dancer's

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*internal sensation, in
contrast with
"performative
techniques," such as
ballet or modern dance,
which emphasize*

*Somatics - Wikipedia
Body-Mind Centering®
and BMC® are
registered service
marks of Bonnie
Bainbridge Cohen
Embody-Move (trading
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under Touchdown
Body Principles
(Dance) was founded in
2008 and has the
license to deliver the
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Education (SME)
certification program in
the UK.

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Dance. by the
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Association for Dance

Medicine and Science.

www.DanceEducation.

org. “I think, therefore

I move” Thomas

Hanna. Since the

1970s, a growing

number of dancers

have sought additional

training in mind-body

techniques loosely

called “somatic

studies,” or simply,

“somatics.”

1Once

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*considered esoteric and
far removed from daily
technique class,
somatics is now a
household word in a
dancer's training.*

*Somatic Studies and
Dance*

*Somatic psychology
asserts that the body
and the mind, that is,
the powerhouse of a
person's reasoning and*

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thoughts, are deeply rooted. The mind influences the body, the body influences the mind. Contemporary practitioners of somatic therapy believe that viewing the mind and body as one entity is essential to the therapeutic process.

*Somatic Therapy:
Exploring Mind &
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Author: Brodie, Julie
A.. Author: Lobel, Elin
Elizabeth.*

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*our whole body that
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teaching and ...*

*What does somatic
mean? Somatic stems*

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*from the Greek Word
Soma which means
living body in whole
ness. In 1976 Thomas
Hanna formally
developed the field of
somatics. This field of
practice supports
movement awareness
where individuals work
subjectively, with body-
mind connectivity. In
Somatics one's 'lived'
experience is*

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*recognized and
integrated into the body-
based practice.*

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*Laban Movement |
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*Somatics, the field of
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*relation to bodily
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*Somatic Movement
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Somatics describes any
practice that uses the
mind-body connection
to help you survey your*

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*internal self and listen
to signals your body
sends about areas of
pain, discomfort, or
imbalance. These...*

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*BodyMind Dancing™ is
a unique synthesis of
some of the finest forms
of somatic education:
the language of human*

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movement - Laban
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teach movement
efficiency and Body-
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which helps to bring
consciousness to all
parts of the body.