



Moving Consciously: Somatic Transformations Through Dance, Yoga, and Touch

By Sondra Fraleigh

University of Illinois Press. Paperback / softback. Book Condition: new. BRAND NEW, Moving Consciously: Somatic Transformations Through Dance, Yoga, and Touch, Sondra Fraleigh, The popularity of yoga and Zen meditation has heightened awareness of somatic practices. Individuals develop the conscious embodiment central to somatics work via movement and dance, or through touch from a skilled teacher or therapist often called a somatic bodyworker. Methods of touch and movement foster generative processes of consciousness in order to create a fluid interconnection between sensation, thought, movement, and expression. In Moving Consciously, Sondra Fraleigh gathers essays that probe ideas surrounding embodied knowledge and the conscious embodiment of movement and dance. Using a variety of perspectives on movement and dance somatics, Fraleigh and other contributors draw on scholarship and personal practice to participate in a multifaceted investigation of a thriving worldwide phenomenon. Their goal: to present the mental and physical health benefits of experiencing one's inner world through sensory awareness and movement integration. A stimulating addition to a burgeoning field, Moving Consciously incorporates concepts from East and West into a timely look at life-changing, intertwined practices that involve dance, movement, performance studies, and education. Contributors: Richard Biehl, Robert Bingham, Hillel Braude, Alison East, Sondra...

Reviews

Complete manual! Its this type of excellent study. This can be for all who statte there was not a worth looking at. Your daily life span will probably be enhance when you complete reading this article pdf.

-- **Lottie Murazik Sr.**

Certainly, this is the finest job by any publisher. I was able to comprehended almost everything out of this published e ebook. You wont truly feel monotony at at any moment of the time (that's what catalogues are for concerning should you question me).

-- **Graciela Emard**

See Also



[Clearly, I Didn't Think This Through: The Story of One Tall Girl's Impulsive, Ill-Conceived, and Borderline Irresponsible Life Decisions](#)

Berkley. PAPERBACK. Book Condition: New. 0425245322 SHIPS WITHIN 24 HOURS!! (SAME BUSINESS DAY) GREAT BOOK!!



[The Smart Parent's Guide: Getting Your Kids Through Checkups, Illnesses, and Accidents](#)

Free Press. PAPERBACK. Book Condition: New. 1439152918 SHIPS WITHIN 24 HOURS!! (SAME BUSINESS DAY) GREAT BOOK!!



[DK Readers L4: Danger on the Mountain: Scaling the World's Highest Peaks](#)

DK Publishing (Dorling Kindersley). Paperback / softback. Book Condition: new. BRAND NEW, DK Readers L4: Danger on the Mountain: Scaling the World's Highest Peaks, Andrew Donkin, Linda Martin, From blizzards and glaciers on the world's highest peaks to the challenge of free...



[Sarah's New World: The Mayflower Adventure 1620 \(Sisters in Time Series 1\)](#)

Barbour Publishing, Inc., 2004. Paperback. Book Condition: New. No Jacket. New paperback book copy of Sarah's New World: The Mayflower Adventure 1620 by Colleen L. Reece. Sisters in Time Series book 1. Christian stories for girls. Sisters in Time Series. Age 8-12,...



[Books for Kindergarteners: 2016 Children's Books \(Bedtime Stories for Kids\) \(Free Animal Coloring Pictures for Kids\)](#)

2015. PAP. Book Condition: New. New Book. Delivered from our US warehouse in 10 to 14 business days. THIS BOOK IS PRINTED ON DEMAND. Established seller since 2000.



[Richard Scarry's Bedtime Stories](#)

Random House Books for Young Readers, 1986. PaperBack. Book Condition: New. This delightful collection includes: Uncle Willy and the Pirates; Sergeant Murphy and the Banana Thief; Ma Pig's New Car; The Unlucky Day; The Three Fishermen. A perfect sleepytme read along anthology!...