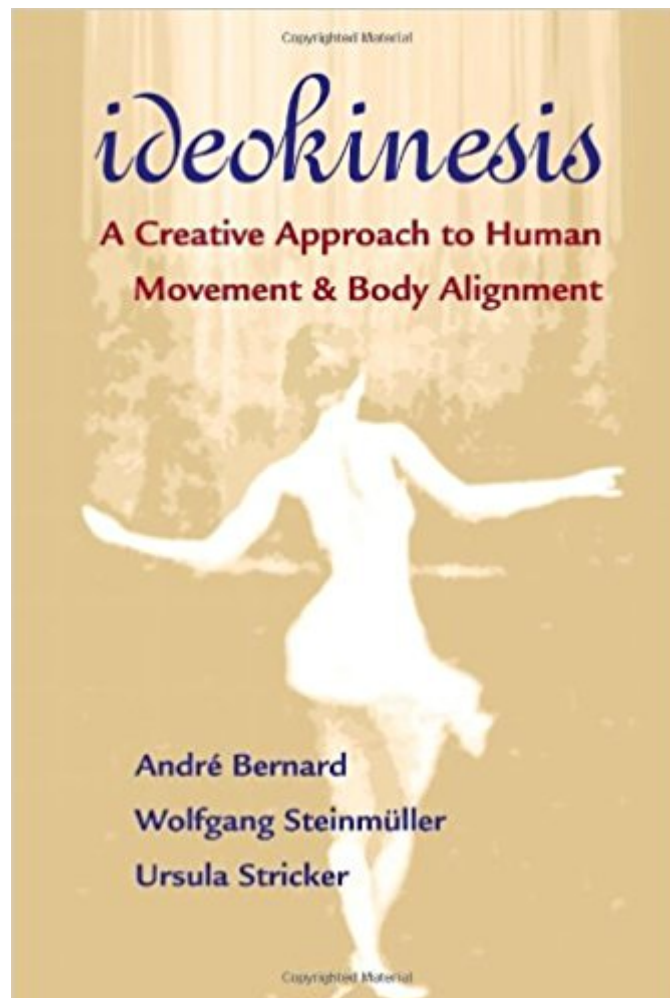




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# Ideokinesis: A Creative Approach To Human Movement And Body Alignment



## Synopsis

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, André 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.

## Book Information

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## Customer Reviews

"[André Bernard] taught with uncommon sensitivity and unparalleled knowledge of the kinesthetic realm. Those of us fortunate enough to study with André were given a learning experience that continues to resonate with every movement we make. What a gift to have this record of his work!" — Pamela Matt, Professor Emeritus, Department of Dance, Arizona State University, Prescott, AZ "I quote André's images and explanations to my Rolfin' clients daily. His true kindness and gentleness are indelibly etched into my neuromuscular pathways, and I can only hope to continue educating and touching people's lives in this context." — Kayte Ringer, Rolfer, New York City

André Bernard was raised in Columbia, South Carolina. He graduated at age nineteen from the University of South Carolina with a chemistry and math major and a theater minor. His professional

acting career included over a hundred performances both On and Off Broadway and appearances on television. Bernard was a student of Barbara Clark, who further developed ideokinesis after she studied with the founder, Mabel Elsworth Todd. From 1966 until 2001, Bernard taught ideokinesis at the New York University and elsewhere. He died in May 2003 in New York City. Wolfgang Steinmuller studied medicine in Freiburg/Brsg, Germany, and trained in the Feldenkrais method with Mia Segal from 1986 to 1989. His important teachers in the field of movement have included Andre Bernard and Amos Hetz of Israel. He works as a physician in private practice. He is the anatomy teacher and medical director of the Soma-Institut, which offers continuing education for bodyworkers. Ursula Stricker has been dancing and drawing ever since she could. She lives and works as visual and movement artist and teacher for placement and creative dance in Oberdiessbach and Bern, Switzerland.

the information and the writer are well known and important in context of early understandings of the body and its deeper movements. the writing is not terrific, however. if you are a movement therapist, a yoga practitioner, a masseuse and have interest to know of the mysteries of the body its worth a perusal.

If you are curious at all about how the body works - this is one of the most important books you'll ever find! Andre Bernard is so well informed and such a wonderful teacher of ideas and images - it can change your life!!!

The is a BRILLIANT book! A rare and historical account of the origin of Kinethitics. Thank you for circulating the envaluable text!

This is a great book, is a classic for the study of movement, everyone who makes dance must read, I used for mi dance classes.

This is a wonderful book that keeps Andre Bernard's thoughts and teachings in the technique of ideokinesis. I recommend this book for actors, dancers and people of any profession! It speaks clearly to having a healthy mind-body relationship with an understanding of how our body parts fit together. The reader will have a journey that leads to a pain free body and sensible postural pattern. A must read!

As my title suggests, I have only just begun reading this book. I am thrilled, however, with the insights and information that I have gleaned so far. I recommend this book. Thanks!

This book is a great read; accessible and very informative; and quite enjoyable. Andre Bernard refers back to the discovered made by Lulu Sweigard and Mabel Todd that movement performance and skeletal alignment are completely interdependent, and that improvement in the mechanical efficiency of either one automatically related to the other. (See also "Human Movement Potential: Its Ideokinetic Facilitation" and "The Thinking Body" for the original texts) A favorite, favorite quote is long but so meaningful: "I think that most of us are here because we want to improve our movement patterns or our body patterns in general. That is certainly a legitimate goal, but I am looking at this work on a larger canvas. I see it as a metaphor for life itself, for the life process. What I mean by that is, whether we realize it or not, we are constantly re-creating ourselves. Moment by moment, minute by minute, hour by hour, day by day, month by month, and so on. This is usually somewhat a process of which we are unaware, but it is happening through the same devices we have been using with consciousness to make changes in the body. That is the process of thinking, intending, desire, attitude, insight - all of these tools we have been using to affect our neuromuscular system- as a goal; using them with awareness. In life these tools are being used, as I said, usually unconsciously. So what I feel is that we can guide this process. I do not think we can control it, nor is it desirable to have a rigid control on it, but I think we can guide it by being aware of what we think, what we intend, what we desire, and what we do." (p.195)

This is not much of a teaching book though it purports to be. Mostly it is a portrayal of the work of Andre Bernard (1924-2003), who surely was a gifted teacher. However, describing his teaching techniques is about all this book does.

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