

The Thinking Body

Mabel Elsworth Todd

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The Thinking Body Mabel Elsworth Todd
The Thinking Body [Mabel Elsworth Todd] on Amazon.com. *FREE* shipping on qualifying offers. A classic study of physiology and the effect of psychological processes on movement that has a mind/body approach

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The publication of thinking body brought a new wave of recognition for Todd's ideas that sustained her studios through

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the early 1940's. This is Todd's statement: "Imagination itself, or the inner image, is a form of physical expression, and the motor response is the reflection of it."

The Thinking Body by Mabel Elsworth Todd - Goodreads

Mabel Elsworth Todd is considered the founder of what has come to be known as 'Ideokinesis', a form of somatic education that became popular in the 1930s amongst dancers and health professionals. Todd's ideas involved using anatomically based, creative visual imagery and consciously relaxed volition to create and refine neuromuscular coordination. Lulu Sweigard, who coined the term Ideokinesis, and Barbara Clark furthered Todd's work. Todd's work was published in her book

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The Thinking Body by Mabel Elsworth Todd - AbeBooks

The thinking body by Mabel Elsworth Todd, 1937, P.B. Hoeber, inc. edition, in English

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Mabel Elsworth Todd (1880 - 1956) is known as the founder of what came to be known as 'Ideokinesis', a form of somatic education that became popular in the 1930s amongst dancers and health professionals. Todd's ideas involved using anatomically based, creative visual imagery and consciously relaxed volition to create refine neuromuscular coordination. Lulu Sweigard, who coined the term Ideokinesis, and Barbara Clark furthered Todd's work.

Mabel Elsworth Todd - Wikipedia

Mabel Todd was one of the pioneers in the mind/ body wellness connection. A dedicated group of students carry on her work today. Excerpt from 20 minute documentary.

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The Thinking Body, The Legacy of Mabel Todd

Watching it, I learned that Marilyn read and studied The Thinking Body by Mabel Elsworth Todd in order to inform her posture in her work and daily life. It is ironic that a woman who suffered such sadness and strife could also commit to her craft in a way that always looked effortless.

How to become a "thinking body" - Out in SA

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The thinking body. (Book, 1937) [WorldCat.org]

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The Thinking Body by Mabel Elsworth Todd, Paperback ...

A favorite among dancers and dance educators, *The Thinking Body* (1937) by Mabel Elsworth Todd is an early mind-body text exploring the effect of psychological processes on movement. The book's concrete and yet open-minded analysis of posture and behavior

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formed the foundation of experiential anatomy and Ideokinesis, heavily influenced Body-Mind Centering, and continues to inform Feldenkrais practice and Somatics generally.

The Thinking Body - Aesthetic Relational Exercises

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