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Titolo	Moving consciously : somatic transformations through dance, yoga, and touch / / edited with essays by Sondra Fraleigh
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Note generali	Contains bibliographical references and index.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	; Introduction -- Prologue on somatic contexts -- ; Part 1. On somatic movement arts. Why consciousness matters / Sondra Fraleigh -- Somatic movements arts / Sondra Fraleigh -- Dancing becomes walking / Sondra Fraleigh -- ; Part 2. Soma and change. Living Shin / Catherine A. Schaeffer -- Environments for self-learning / Kelly Ferris Lester -- Trauma in the theater of the body / Richard Biehl -- Radical somatics / Hillel Braude -- Somatic awakenings / Ruth Way -- ; Part 3. Performing consciously. Like drifting snow my head falls / Robert Bingham -- Performing body as nature / Alison East -- Embodied dreams / Jeanne Schul -- Contact unwinding / Karin Rugman -- Dance maps : a guide for dance experiences.
Sommario/riassunto	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
