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| Nota di contenuto | 1 From Conversation to Discourse -- 2 Locating the Discourse -- 3 Researching Dance Cognition: Task-Based Analysis -- 4 Reframing Embodiment -- 5 Enaction -- 6 Attention and Effort -- 7 Training Attention: The Somatic Learning Environment -- 8 Somatic Approaches to Training Attention: Part I -- 9 Somatic Approaches to Training Attention: Part II -- 10 Vertical Dance: Re-Experiencing the World -- 11 The Road Forward -- Appendix 1: Primer on Balance -- Appendix 2: Explorations and Reflections. |
| Sommario/riassunto | Western contemporary dance and body-mind education have engaged in a pas de deux for more than four decades. The rich interchange of somatics and dance has altered both fields, but scholarship that substantiates these ideas through the findings of twentieth-century scientific advances has been missing. This book fills that gap and brings to light contemporary discoveries of neuroscience and somatic education as they relate to dance. Drawing from the burgeoning field of "embodiment"—itself an idea at the intersection of the sciences, humanities, arts, and technologies—Body and Mind in Motion highlights the relevance of somatic education within dance education, dance science, and body-mind studies. |