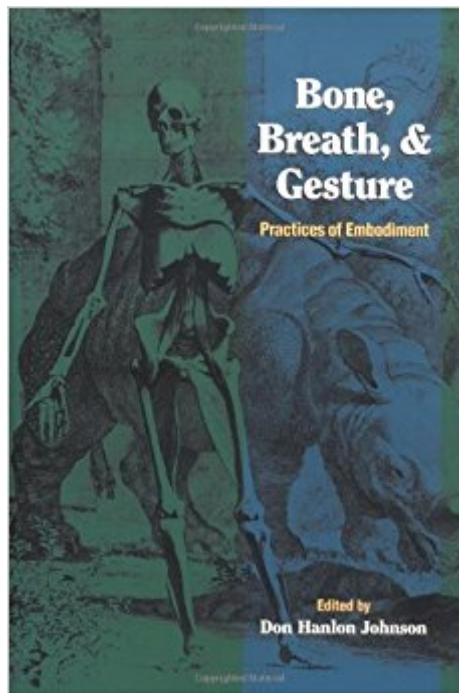


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Bone, Breath, And Gesture: Practices Of Embodiment Volume 1 (Bone, Breath, & Gesture) (Vol 1)



Synopsis

This book is a collection of writings on principles and techniques by the pioneers of bodywork and body awareness disciplines. Together, they represent a historical record of the field of somatics. Ranging from hands-on workers like Ida Rolf to phenomenologist Elizabeth Behnke, their lives span this century. In these lectures, writings, and interviews, editor Don Hanlon Johnson has sought to reveal the unbroken lineage, theoretical differences, and major similarities of these originators.

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Customer Reviews

This book is a collection of writings on principles and techniques by the pioneers of bodywork and body awareness disciplines. Together, they represent a historical record of the field of somatics. Ranging from hands-on workers like Ida Rolf to phenomenologist Elizabeth Behnke, their lives span this century. In these lectures, writings, and interviews, editor Don Hanlon Johnson has sought to reveal the unbroken lineage, theoretical differences, and major similarities of these originators.

Don Hanlon Johnson received a Ph.D. in Philosophy from Yale University. He is a professor of Somatics at the California Institute of Integral Studies in San Francisco.

Great compilation of short original texts from different schools of body work, well chosen (most are written by the founders themselves or very close collaborators) well introduced, well edited, nice

paper, nice cover. A great tool for studying and deepening your own practice, no matter which one it is.

This book is an overview of the history of somatics and the practitioners who established certain somatic methods. It's comprehensive, inspiring, and enlightening. If someone asked me "what is somatics?", I would hand them this book to answer their question.

An excellent contribution to the literary field of Somatics. The author, as well as many practitioners interviewed or writing in this book, were early pioneers in the field. They were among the small group of exceptional people, who came together at Esalen Institute, in Big Sur, CA and actually changed the world.

I think this book is a great overview of the dialog in the body-mind movement and has inspired me to continue reading the works for these innovators of bodywork without getting stuck in just one approach.

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An essential book for performers.

As someone who has studied and read a great deal on health issues, healing modalities and the integration of the human being as a whole I am very pleased to recommend this book. The book is a great tool to help anyone recognize the oneness of our nature, the power of awareness, and the potential within ourselves for well being and health. Embodiment practices are a great tool to empower us and lead us to the recognition of our true nature. I loved the book and would recommend it to anyone interested in personal growth, wellbeing and a conscious life in all levels.

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