



Dance and Somatics: Mind-Body Principles of Teaching and Performance

Julie Brodie, Elin Elizabeth Lobel

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Training in somatic techniques--holistic body-centered movement that promotes awareness and well-being--provides an effective means of improving dance students' efficiency and ease of movement. However, dance educators do not always have the resources to incorporate this knowledge into their classes. This volume explains the importance of somatics, introduces fundamental somatic principles that are central to the dance technique class, and offers tips on incorporating these principles into a dance curriculum. The authors demystify somatic thinking by explaining the processes in terms of current scientific research. By presenting both a philosophical approach to teaching as well as practical instruction tools, this work provides a valuable guide to somatics for dance teachers of any style or level.

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