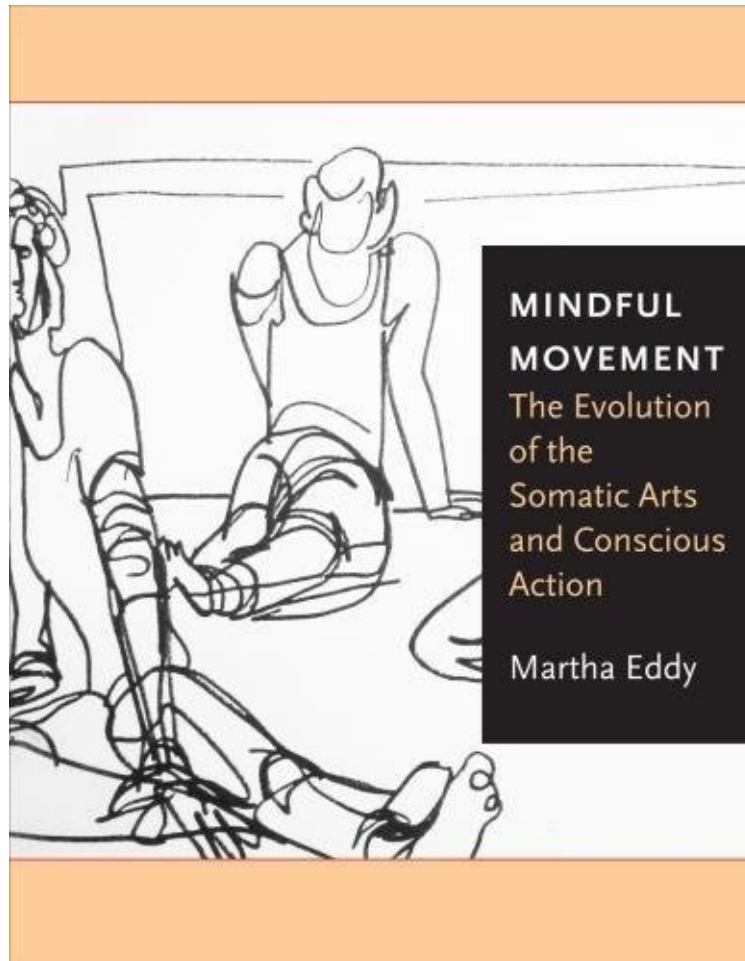


Mindful Movement: The Evolution of the Somatic Arts and Conscious Action

Martha Eddy

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Martha Eddy : Mindful Movement: The Evolution of the Somatic Arts and Conscious Action before purchasing it in order to gage whether or not it would be worth my time, and all praised Mindful Movement: The Evolution of the Somatic Arts and Conscious Action:

0 of 0 people found the following review helpful. Martha Eddys new book is an important and essential reader ...By Dr Amanda WilliamsonMartha Eddys new book is an important and essential reader for undergraduates and post-graduates, as well as teaching and research staff. The book may appeal to researchers who value different somatic movement modalities equally and those interested in comparative and historical analysis. The book shares the cross-pollination between dance studies and somatic movement education and therapy, as well as providing fascinating historical links between practitioners. The book will make an invaluable contribution to the growing field of somatic movement education and therapy, and the growth of somatic awareness in dance in higher education. This really is "a

must have" for undergrad and post-grads. Dr Williamson 2 of 3 people found the following review helpful. Illuminating an invisible history By Don Hanlon Johnson This is an important fundamental text for anyone who wants to understand the richly proliferating collection of bodyworkers, dancers, somatic psychotherapists, expressive artists, and others who have been intersection across many geographical, ethnic, and philosophical boundaries to affirm our shared existence in flesh on earth, and to join the many others who, from different skills and perspectives, and taking stands to protect and nourish the gifts we are given at birth. Martha is able to see through the confusions of so many different practitioners and scholars to bring forth their fundamental unity in working to turn our conscious back and down into our fluids, bones, and nervous impulses, that connect us more fully to each other and to the earth that brings us forth. 7 of 11 people found the following review helpful. 295 pages of disappointment By Elyse Shafarman I was looking forward to this book with great excitement as a text book for a Somatics course that I am teaching. I am more than disappointed. I cannot recommend "Mindful Movement - The Evolution of Somatic Arts and Conscious Action." The guest segments written by Kelly Mullan, Rebecca Netti-Fiol and Sangeet Duchane are excellent, but Eddy's writing is unforgivably sloppy, in places offensive and almost content free. Paragraph content does not fulfill the promise of topic sentences. Characters are introduced, often by last name only, without defining context as if the reader is supposed to already know who these figures are in history. The term somatics is repetitively defined but not developed. Did Eddy lack an editor? When, Eddy attributed Eric Garner's dying words, "I can't breathe," and the popularity of the spa named "Exhale," to the same rising cultural valuation of free breath (pp. 279), I almost threw the book across the room. Back to the drawing board with genuine research articles and source material such as FM Alexander's Use of the Self.

In *Mindful Movement*, exercise physiologist, somatic therapist, and advocate Martha Eddy uses original interviews, case studies, and practice-led research to define the origins of a new holistic field somatic movement education and therapy and its impact on fitness, ecology, politics, and performance. The book reveals the role dance has played in informing and inspiring the historical and cultural narrative of somatic arts. Providing an overview of the antecedents and recent advances in somatic study and with contributions by diverse experts, Eddy highlights the role of Asian movement, the European physical culture movement and its relationship to the performing arts, and female perspectives in developing somatic movement, somatic dance, social somatics, somatic fitness, somatic dance and spirituality, and ecosomatics. *Mindful Movement* unpacks and helps to popularize awareness of both the body and the mind.

About the Author Martha Eddy is a Registered Somatic Movement Therapist on faculty at SUNY-Empire State College and Princeton University. She is the founder of the nonprofit organization Moving for Life.