

The Elements of Somatic Education

Sensitising Proprioception:

- developing a whole-body image
- correcting inaccuracies in one's body "map"
- filling in "gaps in maps"
- developing open focus awareness

Working with Habits in activity:

- becoming aware of habits of sensing and moving
- practising "inhibition"
- using mental intention and imagery to strengthen alternatives
- exploring the meaning behind the habit

Restoring Mobility:

- loosening structural barriers
- reawakening joint counter-rotation

Repatterning Whole Body Movement Patterns

- strengthening basic reflexes
- revising developmental patterns

Reconnecting and Integrating Body Parts:

- connecting centre to periphery
- passing waves through the body

Resources and Techniques:

Self observation
Observer feedback
Visual, tactile,
proprioceptive/
kinesthetic clues
Experiential anatomy
"Re-mapping"

Developmental
Repatterning:
Bonnie B. Cohen
"The Alphabet
of Movement";
Jim Spira's Movement
Educational Therapy;
T'ai Chi
Feldenkrais Method

Alexander Technique;
Sweigard's
Idiokinetic Imagery;
Bartenieff
Fundamentals;
Linden:
Being in Movement;
Henderson:
Energetic Breaths