



Somatic Education

Alexander Technique
F. Matthias Alexander

Body-Mind Centering:
The Body Systems +
Developmental Repatterning
Bonnie Bainbridge Cohen

Laban/Bartenieff
Rudolf Laban
Irmgard Bartenieff

Dance/Movement Therapy
eg, Authentic Movement
Mary Whitehouse

Rubinfeld Synergy
Ilana Rubinfeld

Movement Educational Therapy
Jim Spira

Eutony
Gerda Alexander

Eurhythmics
Emile Dalcroze

Music Therapy

Feldenkrais Method:
Awareness Through Movement
+ Functional Integration
Moshe Feldenkrais

Breathwork
Carola Speads

Gymnastik
Elsa Gindler

Continuum
Emilie Conrad Da'Oud

Art Therapy

Hanna Somatic Education
Thomas Hanna

Sensory Awareness
Charlotte Selver

The Rosen Method
Marion Rosen

Drama Therapy

Rolfing:
Structural
Integration
Ida Rolf

Hellerwork
Joseph Heller

Orthobionomy

Breath Therapy
Ilse Middendorf

Gestalt Bodywork
Fritz Perls
James Kepner

Psychodrama
Jacob Moreno

Aston-Patterning
Judith Aston

Tragering
Milton Trager

Lomi Somatic Education
Robert Hall

Rebirthing
Leonard Orr

Holonomic
integration
*Stanislav &
Christina Grof*

Relationship-oriented
Psychotherapy
Chris Campbell

Being In Movement
Paul Linden

Hakomi Work
Richard Strozzi Heckler

Bioenergetics
Alexander Lowen
John Pierrakos
William Walling

Biodynamic Psychology
Gerda Boyensen

Neo-Reichian/
Body-oriented
Psychotherapy
eg, *Chris Campbell*

Judo

Shintaido
Hiroyuki Aoki

Aikido
Morihei Ueshiba

Radix
Chuck Kelley

Biosynthesis
David Boadella

Kum Nye

Chi Kung

Zen Bodytherapy
Tanouye Tenshin Roshi

Yoga

Lohan Kung

T'ai Chi

Reichian Therapy
Wilhelm Reich

Somatic Psychotherapy
eg, *Julie Henderson*
eg, *Stanley Keleman*

Eastern Movement Practices

Somatic Psychotherapy