


Bone, Breath, and Gesture: Practices of Embodiment Volume 1 (Bone, Breath, & Gesture) (Vol 1)


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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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From North Atlantic Books **Bibliography**

- Sales Rank: #335713 in Books
- Published on: 1995-07-19
- Released on: 1995-07-19
- Original language: English
- Number of items: 1
- Dimensions: 8.99" h x 1.19" w x 6.02" l, 1.36 pounds
- Binding: Paperback
- 408 pages

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About the Author

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.

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