

# THE BODY HAS ITS REASONS

Self-Awareness  
Through Conscious  
Movement



*Thérèse Bertherat  
and Carol Bernstein*

# The Body Has Its Reasons Self Awareness Through Conscious Movement

**Lois Huey-Heck**



## **The Body Has Its Reasons Self Awareness Through Conscious Movement:**

*The Body Has Its Reasons* Therese Bertherat, Carol Bernstein, 1989-05 Gentle anti exercises help develop the body's freedom of movement release constraints and reawaken dormant muscles By using the appropriate energy for each techniques relief can be found for a multitude of ills At the same time senses can be awakened and perceptions sharpened

**The Body Has Its Reasons** Therese Bertherat, Carol Bernstein, 2018-07-17 In this revolutionary and highly readable book Therese Bertherat and Carol Bernstein shatter myths about traditional exercise and health They introduce movement that is based on a profound self-awareness freeing us from our limiting attitudes about ourselves and our bodies Strangers to our own bodies many of us spend our adult lives suffering from tensions and chronic aches and pains problems that have no apparent genesis or solution In repeating habitual patterns of movement we ignore the range of possibilities available to us so that the body suppresses and eventually forgets its natural grace and integration Employing traditional exercises to alleviate the symptoms of a round stomach a bad back and muscles that ache after sports we often force the body to act against itself and perpetuate our discomfort A physical therapist and teacher of movement in Europe Bertherat takes the reader through a series of precise gentle organic movements These anti exercises develop the body's range and freedom of movement releasing constraints and reawakening dormant muscles By using the appropriate energy for each gesture they bring relief from a multitude of ills at the same time awakening the senses and sharpening perceptions *The Body Has Its Reasons* offers a realistic alternative to conventional body work that can help you become more efficient creative and self-confident It can increase your intellectual capacity as well as your athletic ability and free you of sexual problems including frigidity and impotence No matter what your age the information in these pages can help you release the beautiful and well-made individual that you were meant to be *Creative Activism Research, Pedagogy and Practice* Elspeth Tilley, 2022-03-10 This collection explores the growing global recognition of creativity and the arts as vital to social movements and change Bringing together diverse perspectives from leading academics and practitioners who investigate how creative activism is deployed taught and critically analysed it delineates the key parameters of this emerging field *How Life Moves* Caryn McHose, Kevin Frank, 2006-05-25 This comprehensive movement program uses the story of biological evolution as a tool to increase strength flexibility and body awareness Readers learn to unlearn inherited bodily habits by embodying the many forms that life has expressed on Earth from the single cell to the human being and shifting their perception Through this evolutionary movement the body's native intelligence is revived and new movements can be learned enabling the body to overcome chronic musculoskeletal complaints such as lower back shoulder and neck pain and to meet whatever challenges it is faced with *Experiential Anatomy* Leila Stuart, 2024-07-18 An illustrated toolkit of mind and body practices to develop awareness of breath alignment movement and mental patterns Using therapeutic Experiential Anatomy and yoga practice in tandem this will help movement professionals and students of movement to explore and repattern unhelpful somatic habits

Keith Johnstone Theresa Robbins Dudeck, 2013-08-15 Keith Johnstone entered the Royal Court Theatre as a new playwright in 1956 a decade later he emerged as a groundbreaking director and teacher of improvisation His decisive book *Impro* 1979 described Johnstone's unique system of training weaving together theories and techniques to encourage spontaneous collaborative creation using the intuition and imagination of the actors Johnstone has since become world renowned inspiring theatre greats and beginners alike and his work continues to influence practice within and beyond the traditional theatre Theresa Robbins Dudeck is the first author to rigorously examine Johnstone's life and career using a combination of archival documents many from Johnstone's personal collection participant observation and interviews with Johnstone his colleagues and former students Keith Johnstone A Critical Biography is a fascinating journey through the physical spaces that have served as Johnstone's transformative classrooms and into the conceptual spaces which inform his radical pedagogy and approach to artistic work

*Better Eyesight* William H. Bates, 2000-12-14 Artists teachers army officers housewives elderly people parents and children with vision problems write about their experiences with the Bates Method and giving up their glasses in *Better Eyesight* Major eye conditions myopia astigmatism farsightedness presbyopia amblyopia strabismus cataract glaucoma blindness are discussed by Bates other ophthalmologists the medical community and readers The significance of this literature is both historical and immediate For the first time the connection between eyestrain to shoulder and neck pain headaches and other muscular tension is discussed

**Relearning to See** Thomas R. Quackenbush, 2000-01-24 In this accessible presentation of the famous Bates method Thomas R Quackenbush who teaches the Bates method in California and Oregon describes how eyesight can improve naturally at any age and regardless of heredity This book is a wonderful tribute to the genius of Dr Bates who was a pioneer in discovering how vision becomes blurred and how it restores itself naturally to clarity and acuity Now 80 years later his findings and teachings remain light years ahead of our contemporaries His approach to treating vision problems was truly holistic and the theme throughout this book is very much an extension of that holistic approach Dr Quackenbush is to be commended for his dedication in getting the truth out and keeping the torch burning in this bible on vision improvement

*Going Beyond Words* Lois Huey-Heck, Contemplation meditation and prayer are some of the ways we practice our spirituality Like learning new music on an instrument or drawing in a sketch book we mature as spiritual beings as we practice being present to the Presence By slowing ourselves down even for just a few minutes a day and bringing our focus to that which is bigger than us we are transformed This book offers spiritual practices that have their roots in ancient tradition and have been adapted and refined to be relevant and accessible to anyone interested in spiritual unfolding Utilizing word image sound and silence to engage our cognitive emotional and physical intelligences the practices encourage and celebrate the ongoing process of spiritual transformation They are designed to expand our repertoire of ways to be present to ourselves to each other to the cosmos and to the Holy in other words ways to do our part in serving the Great Work This practical book is illustrated with black and

white images by the author It is small enough to carry around in a shoulder bag or jacket pocket and comes with an audio CD containing background music for the practices timed intervals for meditation contemplation prayer and verbal instructions You will find it easy to begin the practice of engaging your whole self in your spiritual journey This book will appeal to people who already have a spiritual practice and are looking for ways to deepen or enliven it Easy to do and understand the practices are equally useful for individual and group settings for everyday and for retreat settings     **Emotional Healing and Self-esteem** Mark Pearson,2004 How can we build children s self esteem and sense of well being This book aims to guide teachers youth workers counsellors and parents through a range of accessible personal development exercises for children and adolescents introducing relaxation visualisation and mediation skills     Bibliographic Guide to Psychology New York Public Library. Research Libraries,1989     *Light* ,1927     **The Psychology of Emotion, Morbid and Normal** John Thompson MacCurdy,1925     **Postpartum Rebirth** Victor Mora,2025-04-29 Postpartum Rebirth Self Care and Transformation This book offers a comprehensive and integrative guide to emotional health self care and conscious transformation during the postpartum period Drawing on principles of holistic health and personal development it provides practical tools such as breathing techniques meditation mindful movement and emotional regulation to support new parents in navigating change with awareness and balance Through gentle reflections and accessible practices the reader is invited into a transformative inner journey that embraces the complexity of postpartum life not as a time of loss or recovery alone but as a sacred portal of rebirth Each chapter encourages reconnection with body identity and intuition honoring both the challenges and the beauty found in this threshold of life Ideal for new parents holistic practitioners and anyone in a phase of personal redefinition this is more than a book it s a companion for those who seek to integrate care presence and renewal Embrace this path and discover the strength and clarity that arise when we honor every layer of our being     *British Medical Journal* ,1899     Studies of good and evil, a series of essays Josiah Royce,1898     *Studies of Good and Evil* Josiah Royce,1898     *Overland Monthly* Bret Harte,1925     **Subject Catalog** Library of Congress,1977     Library of Congress Catalogs Library of Congress,1979

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