

NAME: _____

PERIOD: _____

+ _____/30

DANCE SCIENCE/SOMATICS

The central objective of most somatic approaches is the encouragement of easeful, mindful, efficiency of motion which simultaneously promotes health, balance, and achievement of one's potential. The need for somatic techniques is critical in dance.

Choose THREE somatic approaches, such as the following: Pilates-Based Conditioning, Rolfing, Feldenkrais, Alexander Technique, Ideokinesis, Body-Mind Centering, Bartenieff Fundamentals, and Laban Movement Analysis. This list could also be expanded with the addition of yoga, Reflexology, Posturology, Applied/Educational Kinesiology, Trager Menastics, Postural Integration, and many others. *Research, read, and summarize 3 different articles about your chosen somatic approaches, and fill out the form below. You must attach copies of the articles you read to this filled out worksheet, due no later than May 30th.*

1st somatic approach: _____

1. Summary/Description of this somatic approach (Where did it originate? Who created it? How does it work?)

2. How can this somatic approach help you with dance? (What will you do with this information?)

2nd somatic approach: _____

1. Summary/Description of this somatic approach (Where did it originate? Who created it? How does it work?)

2. How can this somatic approach help you with dance? (What will you do with this information?)

3rd somatic approach: _____

1. Summary/Description of this somatic approach (Where did it originate? Who created it? How does it work?)

2. How can this somatic approach help you with dance? (What will you do with this information?)