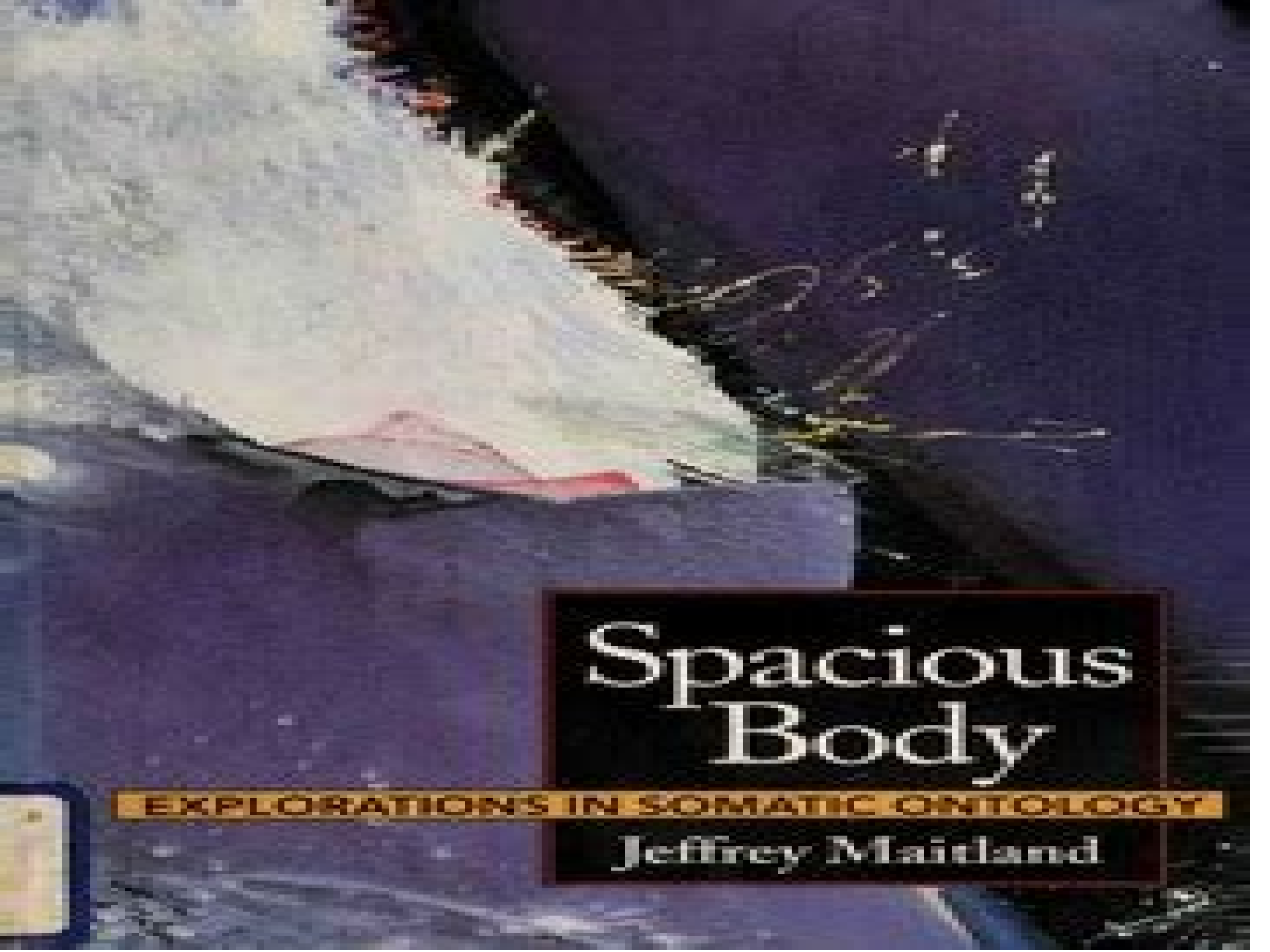




Spacious Body

EXPLORATIONS IN SOMATIC ONTOLOGY

Jeffrey Maitland

Spacious Body Explorations In Somatic Ontology

**Robert B. Stevenson, Michael
Brody, Justin Dillon, Arjen E.J. Wals**



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Spacious Body Jeffrey Maitland, 1994-10-25 In *Spacious Body* Jeffrey Maitland brings his knowledge and personal experience of Buddhism phenomenology alchemy psychoanalysis and the bodywork system of Rolfing to bear in forging concepts adequate to an understanding of embodied experience

Mind Body Zen Jeffrey Maitland, 2011-08-30 In *Mind Body Zen* long time Zen student world renowned Rolfer and former philosophy professor Jeffrey Maitland combines his expertise across the mind body zen spectrum to help bridge the East West gap in spiritual practice Tackling the prevailing misconception that Zen is a philosophy Maitland provides an in depth explanation of why Zen is an eminently practical grounded discipline He emphasizes the power of simple direct experience that lies at the heart of Zen Maitland's training in philosophy as well as bodywork distinguishes *Mind Body Zen* from many other books on the market Drawing on his Rolfing expertise and years of applied meditation practice he also offers techniques for healers across many systems and disciplines to more effectively work with their clients Threaded throughout these discussions are the insights of Joshu Sasaki Roshi founder of Mt Baldy Zen Center best known by some as Leonard Cohen's teacher still actively teaching at age 102 but whose work has rarely been published *Mind Body Zen* will appeal to the growing number of Western Buddhists and spiritual seekers interested in Zen or meditation Somatic therapists psychotherapists and healers of every persuasion will also find the connection between Zen and healing to be of great interest

Ethical Agility in Dance Noyale Colin, Catherine Seago, Kathryn Stamp, 2023-11-24 This edited collection examines the potential of dance training for developing socially engaged individuals capable of forging ethical human relations for an ever changing world and in turn frames dance as a fundamental part of human experience This volume draws together a range of critical voices to reflect the inclusive potential of dance The contributions offer perspectives on contemporary dance training in Britain from dance educators scholars practitioners and artists Through examining the politics values and ethics of learning dance today this book argues for the need of a re assessment of the evolving practices in dance training and techniques Key questions address how the concept of technique and associated systems of training in dance could be redefined to enable the collaboration of skills and application of ideas necessary to twenty first century dance The editors present these ideas in different modes of writing This collection of essays conversations and manifestos offers a way to explore debate and grasp the shifting values of contemporary dance Examining these values in the applied field of dance reveals a complex and contrasting range of ideas encompassing broad themes including the relationships between individuality and collectivity rigour and creativity and virtuosity and inclusivity This volume points to ethical techniques as providing a way of navigating these contrasting values in dance It serves as an invaluable resource for academics as well as practitioners and students

Spirituality and Art Therapy Mimi Farrelly-Hansen, 2001-03-15 The book is an exciting exploration of the different ways in which the spiritual forms an essential life enhancing component of a well rounded therapeutic approach The contributors explain how their own spiritual and

creative influences interact finding expression in the use of art as a healing agent with specific populations **Yoga Journal**, 1996-08 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Modalities for Massage and Bodywork** Elaine Stillerman, 2014-12-18 Ideal for both classroom and practice Modalities for Massage Bodywork 2nd Edition presents 23 modalities of bodywork their history development effects benefits contraindications basic curricula and certification requirements Updated photos and illustrations critical thinking questions and flash cards give you a better picture of today s massage best practices Evolve companion website provides matching activities flash cards answers to multiple choice questions weblinks and video demonstrations of various modalities covered in the text to make learning more interactive Case histories in each chapter illustrate the effects of the modality within a therapeutic context creating the opportunity for integrative clinical reasoning that helps prepare you for work in the various modalities Student objectives and key terms at the start of each chapter provides a framework for what to expect and what to focus on with each chapter In My Experience boxes provide personal insights about specific techniques from experts in the field Full color design and techniques shown with photos and illustrations enhance understanding and comprehension of each modality Multiple choice test questions at the end of each chapter with answers on the Evolve website help you measure your understanding of the modality and obtain instant feedback from the answer key that includes rationales Suggested readings resources and references in each chapter offer robust resources for you to further research each modality Clinically relevant boxes and tables highlight important information NEW Modalities chapters provide you with a greater awareness of the opportunities and options available as they pursue a massage therapy career and practitioners with more practical information they can apply to their work NEW Student resources on Evolve supplement the classroom experience and ensures you retain the material in the text 23 different body techniques are introduced to help you learn about different modalities you may want to pursue and reaffirm your knowledge of techniques More than 2 hours of video on the Evolve website bring the modalities to life and help put the text instructions in perspective NEW Updated content photos and illustrations equip you with the latest information and visuals on modalities from experts in the field that reflect current practices in the field and the needs and wants of massage therapy practitioners and students NEW Critical thinking questions added to each chapter actively engage and challenge your reasoning skills NEW Additional review questions added to each chapter supply you with more opportunities to review what you have learned and test your knowledge **Contemplative Literature** Louis Komjathy, 2015-08-31 This is the first theoretically informed and historically accurate comparative anthology of primary texts on meditation and contemplative prayer Written by international experts on the respective texts and corresponding traditions Contemplative Literature

provides introductions to and primary sources on contemplative practice from various religious traditions The contributors explore classical Daoist apophatic meditation Quaker silent prayer Jewish Kabbalah Southern Buddhist meditation Sufi contemplation Eastern Orthodox prayer Pure Land Buddhist visualization Hindu classical Yoga Dominican Catholic prayer Daoist internal alchemy and modern therapeutic meditation Each introduction to a contemplative text discusses its historical context the associated religious tradition and literature the method of contemplative practice and the text s legacy and influence Volume editor Louis Komjathy opens the work with a thoughtful consideration of interpretive issues in the emerging interdisciplinary field of contemplative studies Readers will gain not only a nuanced understanding of important works of contemplative literature but also resources for understanding contemplative practice and contemplative experience from a comparative and cross cultural perspective

Attending to Movement Sarah Whatley, Natalie Garrett Brown, Kirsty Alexander, 2015-05-05 This edited collection draws on the conference Attending to Movement Somatic Perspectives on Living in this World run at C DaRE the Centre for Dance Research Coventry University

Embodied Being Jeffrey Maitland, 2016-02-09 Embodied Being is unique among books on manual therapy offering an infrastructure for intuition a philosophical approach to what is essentially a practical process of diagnosis and treatment with one s hands Grounded in the author s decades of practice as a Rolfer and Zen meditator the book offers a first of its kind three step method for training practitioners how to see holistically given the enormously important role perception plays in assessing clients By exposing many of the unconscious philosophical assumptions that occlude our understanding the depths of manual therapy Embodied Being promises to illuminate the full scope of body mind healing from the point of view of both the practitioner and the person receiving the work Embodied Being states the principles of intervention and shows practitioners how to use them to answer three fundamental questions common to all forms of therapy What do I do first What do I do next and When am I finished Perplexed that most practitioners are unable to answer these questions and simply rely on their intuition Maitland sets out to define what makes a truly life altering bodywork session drawing on his understanding of Goethe Merleau Ponty and other great thinkers Maitland proposes that the holistic approach in bodywork is capable of creating new possibilities for the future by erasing the patterns that bind us to a dysfunctional past Such sessions can so profoundly reshape the body that there is no longer any room for emotional torment thus manual therapy can free bodies of physical pain releasing the innate joy within the core of all human beings Ultimately giving and receiving manual therapy teaches both practitioners and clients how to move with grace open their hearts and touch the numinous

International Handbook of Research on Environmental Education Robert B. Stevenson, Michael Brody, Justin Dillon, Arjen E.J. Wals, 2013-05-02 The environment and contested notions of sustainability are increasingly topics of public interest political debate and legislation across the world Environmental education journals now publish research from a wide variety of methodological traditions that show linkages between the environment health development and education The growth in scholarship makes this an opportune

time to review and synthesize the knowledge base of the environmental education EE field The purpose of this 51 chapter handbook is not only to illuminate the most important concepts findings and theories that have been developed by EE research but also to critically examine the historical progression of the field its current debates and controversies what is still missing from the EE research agenda and where that agenda might be headed Published for the American Educational Research Association AERA

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