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The thinking body. by. Mabel Elsworth Todd. Publication date. 1968. Topics. Posture, Animal mechanics. Publisher. Princeton Book Company.

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According to the documentary, Marilyn studied one book in particular - 'The Thinking Body' by Mabel Elsworth Todd. She credits her infamous walk to the breath work and discussion about the skeletal structure in this book. So if Marilyn credits her talking and walking to one book, you bet I went out and bought a copy!

Marilyn's Thinking Body | Balanced Ballerina

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Mabel Elsworth Todd (1880 – 1956) is known as the founder of what came to be known as 'Ideokinesis', a form of somatic education that became popular in the 1930s amongst dancers and health professionals. Todd's ideas involved using anatomically based, creative visual imagery and consciously relaxed volition to create refine neuromuscular coordination.

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Mabel Todd was one of the pioneers in the mind/ body wellness connection. A dedicated group of students carry on her work today. Excerpt from 20 minute documentary. Director: Lorraine Corfield.

The Thinking Body, The Legacy of Mabel Todd

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Somatic Movement Therapies | Mother Earth Living

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Watching it, I learned that Marilyn read and studied The Thinking Body by Mabel Elsworth Todd in order to inform her posture in her work and daily life. It is ironic that a woman who suffered such sadness and strife could also commit to her craft in a way that always looked effortless.

How to become a "thinking body" - Out in SA

Buy Thinking Body: Study of the Balancing Forces of Dynamic Man New ed of 1937 ed by Todd, Mabel Elsworth (ISBN: 9780871270146) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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