

Ideokinesis A Creative Approach To Human Movement And Body Alignment

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Mabel Elsworth Todd pioneered ideokinesis in the 1920s. Her book, The Thinking Body, described new ways to use all the senses as well as inner feeling and imagination to retrain the body to move with ease and balance. The system became an invaluable tool for generations of dancers, actors, and performance artists, thanks largely to one of its most important teachers, André Bernard (1924-2003).

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The core concept of Ideokinesis involves visualizing motor imagery to alter injurious mechanical forces by programming neuromuscular patterns. The purpose is to improve alignment and mechanical balance. The concept evolves around the idea of the mind's eye being able to alter injurious movement like stress to avoid strain and injury.

Ideokinesis and Movement Imagery - Integrated Movement Ideas

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The term 'ideokinesis' denotes use of such imagery to rehabilitate and precipitate human movement, which Sweigard borrowed from the American piano teacher Bonpensière, who used imagery in his music teaching, and invented the word by combining two words derivative of Greek: 'ideo' for idea or thought, and 'kinesis' for movement.

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