Contents

List of Illustrations ix
Acknowledgments xi
Introduction xiii
Prologue on Somatic Contexts xix

PART ONE: ON SOMATIC MOVEMENT ARTS

1. Why Consciousness Matters 3
   Sondra Fraleigh

2. Somatic Movement Arts 24
   Sondra Fraleigh

3. Dancing Becomes Walking 50
   Sondra Fraleigh

PART TWO: SOMA AND CHANGE

4. Living Shin 75
   Catherine A. Schaeffer

5. Environments for Self-Learning 93
   Kelly Ferris Lester

6. Trauma in the Theater of the Body 109
   Richard Biehl

7. Radical Somatics 124
   Hillel Braude

8. Somatic Awakenings 135
   Ruth Way