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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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### **The thinking body : Mabel Elsworth Todd : Free Download ...**

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**

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 refined 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.

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Psychophysical Movement Education and the Thinking Body Mabel Elsworth Todd was a physical education teacher during the late 1920s and early 1930s, who introduced individualized learning and movement efficiency principles into physical education.

### **Somatic Movement Therapies | Mother Earth Living**

Thinking Body Institute (TBI) Media publishes and distributes a selection of classic special editions, books, and digital media related to the educational premise that was created by Mabel Elsworth Todd. Please click the titles of the items shown below to read descriptions of our publications, see the product details, or listen to audio samples.

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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**

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