



Sensing, Feeling and Action

Bonnie Bainbridge Cohen

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How is mind expressed through the body in movement? Exploring this question has been the life work of movement educator Bonnie Bainbridge Cohen. Her innovative approach to movement analysis and reeducation, Body-Mind Centering, is the subject of this book of collected essays, interviews and exercises written for Contact Quarterly dance journal between 1980 and 2007.

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