



Everybody Is a Body

Karen A. Studd, Laura L. Cox

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Movement connects us all. We are all moving, all of the time. The moving body is the foundation of human activity. In a world where technological advancement allows for instant global connections, we are becoming increasingly disembodied. This gives rise to "dis-ease" in our physical, emotional and intellectual selves. This book promotes increased awareness of the power and potential of human movement. It takes into account personal uniqueness, as well as the universal aspects of what it means to be human. This is a book for every body. In order to experience life to it's fullest, it is important to keep in touch with our moving selves. It is not a "how-to" book. We are not advocating a specific movement technique or practice. It is about re-discovering that you are a mover and that movement is not just an activity. Our movement is the expression of ourselves in the world.

Karen A. Studd is master teacher for the Laban/Bartenieff Institute of Movement Studies, teaching internationally in training programs in movement analysis. She is also a professor at George Mason University. A teacher of movement analysis, somatics and dance, her interest is in promoting awareness of human movement as a fundamental body of knowledge. She is frequently sought as a "body language expert" in observation of personal style through the non-verbal communication of political pundits.

Laura L. Cox is a teacher of Laban/Bartenieff Movement Studies, dance, kinesiology and somatics. She has taught internationally and served on the faculties of several universities, including New York University and the University of Nebraska. A Certified Movement Analyst (CMA) and Registered Somatic Movement Educator and Therapist (RSME, RSMT), she has a private practice in movement education and specializes in repatterning the movement of individuals suffering from chronic pain or injury.

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