



Elemental Movement: A Somatic Approach to Movement Education

Rae Johnson

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This thesis describes the theory and methods of an original somatic approach to movement education. Based on the five Elements of ancient philosophical tradition, Elemental Movement integrates somatic and alchemical principles, processes, and practice. It employs movement as the primary vehicle for a wide range of personal explorations, using the Elements both as a framework and as a set of symbolic tools.

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