

# The THINKING Body



by Mabel E. Todd

## The Thinking Body

Mabel TODD

Mabel Elsworth Todd is considered the founder of what has come 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 and refine neuromuscular coordination. Lulu Sweigard, who coined the term Ideokinesis, and Barbara Clark furthered Todd's work. Todd's work was published in her book *The Thinking Body* (1937), which is now considered by modern dance schools to be a classic study of physiology and the psychology of movement. Her work influenced many somatic awareness professionals of her day, and is often cited along with The Feldenkrais method for its focus on the subtle influence of unconscious intention and attention.