

Contents

Acknowledgments	ix
Preface	xv
The Individual Body	1
Developing Mover Consciousness	3
The Mover	5
The Moving Witness	43
Developing Witness Consciousness	59
The Witness	61
The Silent Witness	65
The Speaking Witness	77
The Collective Body	91
Developing Collective Consciousness	93
Coming Toward the Circle	95
One Circle	110
The Conscious Body	145
Offering	147
Emerging Forms	149
Embodied Text	153
Dance	187
Energetic Phenomena	206
Epilogue	238
Epigraph Source Notes	241