

**Offering From The Conscious Body: The Discipline  
Of Authentic Movement**

**By Janet Adler**



Suggested reading about the Discipline of Authentic Movement: Janet Adler:  
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Janet Adler is the author of Offering from the Conscious Body (4.27 avg rating, 11 ratings, 1 review, published 2002), Arching Backward (4.00 avg rating,

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In her book Offering from the Conscious Body, In Patrizia Pallaro (Ed.), Authentic Movement: Moving the Body, Moving the Self, Being Moved, Vol. 2 <http://www.authenticmovementjournal.com/?p=1145>

Offering from the Conscious Body gives a lucid description of each element of the discipline of Authentic Movement and its impact on the soul.

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Book Review: Offering from the Conscious Body, The Discipline of Authentic Movement. Janet Adler Rochester. Vermont: Inner Traditions, 2002. 242 pages, hardbound, \$25.

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Adler, Janet. Offering from the Conscious Body: The Discipline of Authentic Movement. Rochester: Inner Traditions, 2002. Pallaro, Patrizia,

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