

YOUR BODY, THE MOVEMENT INSTRUMENT

*Celebrating Beauty and Balance in Your Life
Through The Appreciation of Movement*

JUNE IDRISSE



*June Idrissa - ISMA Founder
Integrity of Self MovementArts (ISMA)
Doctoral Study, MFA, BFA, B.Msc.*

*Guided through many disciplines,
June had the opportunity to observe,
experience, implement and embody the
ISMA disciplines through dance, martial
arts, yoga, gymnastics, and swimming.
These combined with experiential wisdom
gathered over decades as dance and
theatre performing artist, choreographer,
professor, producer, director, magazine
publisher, master teacher, speaker and
presenter has deepened her commitment
to share the vital principles of "Integrity
of Self" with others.*

*This book is dedicated to
my mother, Norma Sheila;
my dad Caleb Adolphus;
and my nanny, Tanty Milly.*

A woman with long dark hair, wearing a black t-shirt and black pants, is walking through a lush garden. She is carrying a black bag over her shoulder and a white tote bag with the text "Make it count." in her right hand. The garden is filled with various green plants and flowers, and there are trees in the background.

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INTRODUCTION

Welcoming Words from the Founder of ISMA

HELLO, AND A WARM WELCOME TO YOU.

The fact that you are holding my work in your hands right now tells me you have an interest, a spark of curiosity, and a yearning to understand the beauty of Integrity of Self Movement Arts (ISMA) ... I invite you to join me on a journey back to a place and time when “movement” was an event and was felt. During the creation process of developing embryos and fetuses, we moved and continued to move as we took on form and substance. Then one day, our “movements” were felt by our mothers. We were acknowledged as having “life.” We continued to move and grow until we were fully formed and made our grand entrance onto the Earth Stage - a divine creation, well designed with systems in place and many set to function automatically. We were now in the broader expanse, with room to grow. We were now that “I AM.”

As “I AM,” you are a newborn baby in your earthly environment. You continue to move and grow. You experience the flickering of life’s energy passing through your form, accompanied by movement. There are squirms and twists, stretches, and contractions. Mixed with your movements are quieter times of knowing, of the intuit, where you could feel the life energy moving through your form. Soon your movement becomes more directed. A realization dawns upon you, and there is an understanding, now, that you can direct “I AM.” With a single thought, you can ignite your muscles into action to move your bones. At this pivotal point of convergence, your systems are beginning to work together.

Your motor skills begin to develop rapidly, and soon, “Baby I Am” is rolling over, sitting up, standing, and trying to find your balance. You are on



your way to walking and full mobility! A miracle is indeed unfolding; you are becoming a fully-integrated “Self!”

Integrity of Self MovementArts (ISMA) is the powerful acknowledgment of your full, physical self! It is, to put it simply, the powerful acknowledgment that your body is indeed your movement instrument.

I am writing this “beautiful booklet” to share what I have learned through observation, experience, practice, good health, and continued mobility. I would like you, dear reader, to embrace your birthright, get acquainted with your own unique movement instrument, and recapture the pleasure of moving once again. Please accept this invitation to join me on a movement journey and, in the process, you will become more intimately

acquainted with your own, incredible movement instrument.

The process is enjoyable, heartwarming, and rewarding. Appreciation begins with the appreciation of Self, the “I AM.” “Integrity of Self” establishes a sense of balance, harmony, and well-being that transcends the individual. It permeates the air and is in the attitude of the mind. The manifestations of good health and well-being can then encourage others to appreciate and utilize their movement instruments.

My first fascination with the body and its movement capabilities began at the age of five, as a little girl on the island of Trinidad, in the Caribbean. It was the day the circus came to town, and I had the good fortune to be there, wide-eyed and up close.

The energy in the air was vibrant, filled with anticipation and the sounds and smells of nature. It was wonderful to be in the midst of it all; the parade of elephants, the galloping horses with standing riders, the thrills and the chills of the trapeze artists swinging ever so high. But the real magic came for me when the contortionist stepped on the stage in that arena.

that position became attainable and then effortless ... with practice. Eventually, I was able to do so almost on command.

I liked that feeling of exploring and expanding into new possibilities with my body. Even at that very young age, I sensed and felt the cooperation within my whole body in accomplishing this endeavor. I proudly exhibited my new trick to family

SAMPLE ENDS HERE

Thank you for your interest in the *Your Body, The Movement Instrument* book. You have come to the end of the sample. If you'd liked to read more, please purchase the book.

PURCHASE YOUR COPY

The moment I got home from the circus, I began to work on the possibilities of my body. I got into my tanty's rocking chair and sat and rocked and rocked, with every rock attempting to get my ankle behind my neck. Once I got one foot in place, I continued to rock until the second ankle was in place. As time progressed, getting in and out of

to run through, providing hours of summer fun.

Yet my fondest memory was seeing and learning a new way of jumping rope I had not seen before. The children were jumping something called Double Dutch. I'd never seen two ropes being turned together at the same time before and without touching each other. Even more incredible was