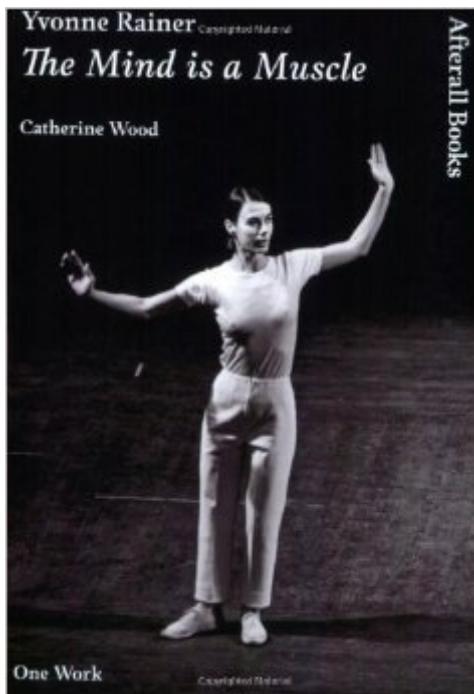


The book was found

Yvonne Rainer: The Mind Is A Muscle (AFTERALL)



Synopsis

"It is my overall concern to reveal people as they are engaged in various kinds of activities--alone, with each other, with objects--and to weight the quality of the human body towards that of objects and away from the super-stylization of the dancer." --Yvonne Rainer, STATEMENT accompanying *The Mind is a Muscle*, 1968 In 1968, toward the end of a decade that witnessed civil rights protests, the escalation of the war in Vietnam, and an expanded notion of artistic practice (epitomized by "Happenings"), Yvonne Rainer presented her evening-length work, *The Mind is a Muscle*. A choreographed, multipart performance for seven dancers, interspersed with film and text, this major work was built upon a backbone of variations on Rainer's dance solo, *Trio A*. In this extended illustrated essay exploring *The Mind is a Muscle*, Catherine Wood examines the political and media context in which Rainer chose to use the dance-theatre situation as her medium and analyzes Rainer's radical approach to image-making in live form. Rainer's work has been linked strongly with minimalist sculpture: she compared the neutral, specific qualities of those objects to her own "work-like" or "task-like," "ordinary" dance, and she collaborated early on with Robert Morris. But *The Mind is a Muscle* manifests an agitated and contradictory relationship to the idea of "work" in the context of an affluent, postwar America. Wood describes the way the choreography of *The Mind is a Muscle* proposed a new lexicon of movement that stripped away the gestural conventions of dance or theater narrative in an attempt to present the human subject on her own terms while at the same time manipulating the seductiveness of the image, increasingly being harnessed by capitalism. Rainer's legacy persists through her decision to allow the *Trio A* from *The Mind is a Muscle* as a "multiple," distributed by being taught to many dancers and non-dancers, proposing, Wood argues, for the art object as code. Choreographer and filmmaker Yvonne Rainer was one of the founders of the Judson Dance Theater in 1962. Her autobiography, *Feelings are Facts*, was published by The MIT Press in 2006.

Book Information

Series: AFTERALL

Paperback: 128 pages

Publisher: Afterall Books (November 9, 2007)

Language: English

ISBN-10: 1846380375

ISBN-13: 978-1846380372

Product Dimensions: 6 x 0.2 x 8.5 inches

Shipping Weight: 10.4 ounces

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,346,527 in Books (See Top 100 in Books) #71 in Books > Arts & Photography > Performing Arts > Dance > Choreography #136 in Books > Arts & Photography > Performing Arts > Dance > Modern #10335 in Books > Arts & Photography > Individual Artists

[Download to continue reading...](#)

Yvonne Rainer: The Mind is a Muscle (AFTERALL) Yvonne Rainer: Space, Body, Language Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong: (The Build Muscle, Get Lean, and Stay Healthy Series) Classic Car Calendar - Muscle Car Calendar - American Muscle Cars Calendar - Calendars 2016 - 2017 Wall Calendars - Car Calendar - American Classic Cars 16 Month Wall Calendar by Avonside Daniels and Worthingham's Muscle Testing: Techniques of Manual Examination and Performance Testing, 9e (Daniels & Worthington's Muscle Testing (Hislop)) Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making: Build Healthy Muscle General Idea: Imagevirus (AFTERALL) Philip Guston: The Studio (AFTERALL) Yayoi Kusama: Infinity Mirror Room - Phalli's Field (AFTERALL) A Year with Rilke: Daily Readings from the Best of Rainer Maria Rilke You Must Change Your Life: The Story of Rainer Maria Rilke and Auguste Rodin Rainer Fetting: Return of the Giants How Bad Do You Want It?: Mastering the Pshchology of Mind over Muscle Cardio Sucks: The Simple Science of Losing Fat Fast...Not Muscle Burn the Fat, Feed the Muscle: Transform Your Body Forever Using the Secrets of the Leanest People in the World American Muscle Cars 2017: 16-Month Calendar September 2016 through December 2017 American Muscle Cars Mini 2017: 16-Month Calendar September 2016 through December 2017 Muscle Car Classics 2017 Calendar American Muscle Cars 2016 Square 12x12 Plato American Muscle Cars 2017 Square Plato (ST Foil)

[Dmca](#)