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Ideokinesis is an approach to improving posture, alignment, and fluency of movement through structured guided imagery that uses metaphors, such as visualizing an object moving in a specific direction along various muscle groups throughout the body, while lying completely still. Proponents claim that repeated practice of this particular formula of mental imagery translates to improved coordination in dance and in movement in general "based on the idea that imagery can improve skeletal ...

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The term 'ideokinesis' denotes use of such imagery to rehabilitate and precipitate human movement, which Sweigard borrowed from the American piano teacher Bonpensière, who used imagery in his music teaching, and invented the word by combining two words derivative of Greek: 'ideo' for idea or thought, and 'kinesis' for movement.

