

Thinking through the Body: Yoga, Philosophy, and Physical Education

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Abstract: Philosophers sometimes hope that our discipline will be transformative for students, perhaps especially when we teach so-called philosophy of the body. To that end, this article describes an experimental upper-level undergraduate course cross-listed between Philosophy and Physical Education, entitled “Thinking Through the Body: Philosophy and Yoga.” Drawing on the perspectives of professor and students, we show how a somatic practice (here, hatha yoga) and reading texts (here, primarily contemporary phenomenology) can be integrated in teaching and learning. We suggest that the course raised questions about the ethics of evaluation as well as about the split between theory and practice, which have larger pedagogical implications.

How could philosophy redeem the deepest promise of the discipline to offer an education in which all aspects of the student—intellectual, emotional, spiritual, and physical—are brought to bear on learning and self-development? This grand—even grandiose—question has been asked in various forms by philosophers from Socrates to Henry David Thoreau to Edmund Husserl to Martha Nussbaum. It also finds a political register in critiques of the discipline as it is institutionalized in contemporary universities; feminist, postcolonial, critical race, queer, interdisciplinary, and many “continental” thinkers (who are often—and not coincidentally—marginally positioned with regard to Philosophy departments) have all argued that mainstream philosophy polices its own boundaries in ways tacitly and overtly designed to maintain a narrowness of perspective and constituency that precludes any deeply self-critical analysis of its own investments, partiality, or pedagogical limitations.¹ Ask most faculty at most universities to discuss together their vision for educating the whole person, or for making philosophy self- and socially transformative, and few will have a ready model.

Thinking Through The Body

Harold Waldwin Percival



Thinking Through The Body:

Thinking through the Body Richard Shusterman, 2012-09-17 This book provides a richly rewarding vision of the burgeoning interdisciplinary field of somaesthetics. Composed of fourteen wide ranging but finely integrated essays by Richard Shusterman, the originator of the field, *Thinking through the Body* explains the philosophical foundations of somaesthetics and applies its insights to central issues in ethics, education, cultural politics, consciousness studies, sexuality, and the arts. Integrating Western philosophy, cognitive science, and somatic methodologies with classical Asian theories of body, mind, and action, these essays probe the nature of somatic existence and the role of body consciousness in knowledge, memory, and behavior. Deploying somaesthetic perspectives to analyze key aesthetic concepts such as style and the sublime, he offers detailed studies of embodiment in drama, dance, architecture, and photography. The volume also includes somaesthetic exercises for the classroom and explores the *ars erotica* as an art of living.

Thinking Through the Body Jane Gallop, 1988 From one of our most outspoken feminist critics, this collection explores various ways in which the body can be rethought of as a site of knowledge rather than as a medium to move beyond or dominate. Moving between a theoretical and confessional stance, Gallop explores Sade's relation to mothers both in his novels and his life; Barthe's *The Pleasure of the Text*; Freud's work read not as a psychological text but as a literary endeavor and from a woman's point of view; and Luce Irigaray's famous *This Sex Which Is Not One*.

Thinking Through the Body Richard Shusterman, 2012-09-17 A richly rewarding vision of the burgeoning interdisciplinary field of somaesthetics with fourteen essays by the originator of the field.

Adrienne Rich Liz Yorke, 1997-12-12 Adrienne Rich is a major American poet who continues to be inspired by the political ideas and activism of various liberation movements of the twentieth century. Whether expressed in poetry or in prose, her ideas have been much debated, particularly within second wave feminism. This unique introduction focuses on Rich's prose work but also makes reference to the poetry where her political ideas and urgencies often find their first expression. Demonstrating the complexity and subtlety of her contribution to feminism, the book outlines her wide ranging thoughts on, for example, motherhood, heterosexuality, lesbian, and Jewish identity, and issues of racial and sexual otherness. Liz Yorke conveys the range and importance of Rich's achievements and highlights the major themes which are interwoven in her work.

Thinking Through the Body Jane Gallop, 1988

Body Consciousness Richard Shusterman, 2008-01-07 Contemporary culture increasingly suffers from problems of attention, over stimulation, and stress, and a variety of personal and social discontents generated by deceptive body images. This book argues that improved body consciousness can relieve these problems and enhance one's knowledge, performance, and pleasure. The body is our basic medium of perception and action, but focused attention to its feelings and movements has long been criticised as a damaging distraction that also ethically corrupts through self absorption. In *Body Consciousness*, Richard Shusterman refutes such charges by engaging the most influential twentieth century somatic philosophers and incorporating insights from both Western and Asian disciplines of

body mind awareness Rather than rehashing intractable ontological debates on the mind body relation Shusterman reorients study of this crucial nexus towards a more fruitful pragmatic direction that reinforces important but neglected connections between philosophy of mind ethics politics and the pervasive aesthetic dimensions of everyday life *Thinking through the Body* Yannis Hamilakis, Mark Pluciennik, Sarah Tarlow, 2012-12-06 This book is based on the Thinking through the Body workshop held at the University of Wales Lampeter in June 1998 We would like to thank the University of Wales Lampeter and in particular the Department of Archaeology for financial and other support the student volunteers for their help in organizing the conference and the participants for co operating in preparing their papers for pre circulation An exhibition of works by contemporary artists dealing with the body was also held in conjunction with the academic conference and contributed greatly to the intellectual aesthetic and social atmosphere We would like to thank all the artists Ron Dukelow and Cambria Arts for agreeing to participate in the workshop and for organizing and mounting the exhibition

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The Open Court Paul Carus, 1925 vols 46 47 have special title New Orient Society monograph *Phoebe* ,1991
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