

An Introduction to

# the Embodied Mind

A two-day introductory workshop to explore the relationships between conceptual thinking and direct experiencing

When: Sat 28 August kl13-17 and Sun 29 August kl9-13  
(alternative 4-5 September if preferable for most)

Where: Hällens Gård, Hågaby, Uppsala

Fee: 600Kr

Intellectual training at university can often be experienced as a presentation of already established concepts. However, how are concepts generated, how do we develop new ideas and how do we find a new step forward in a problem, or 'stuck' situation? This introductory workshop explores our embodied experiencing as an essential aspect of our conceptual learning.

The workshop aims to:

- Expand our embodied awareness in observation and interpretation
- Explore ways of moving between 'the felt sense' of situations and the thinking mind
- Observe directly the patterns of the thinking mind and new ways to relate to them

The course introduces a more expansive understanding of body-mind relationships, integrating intuitive and conceptual understanding.

The course is offered by Jan Boelhouwers, Professor in Geography and practitioner in the Embodied Life program. This practical work is based on

- Movement awareness practices, based on the teachings by Moshé Feldenkrais,
- Focusing-oriented guided enquiry based on the work by Gene Gendlin, and
- Embodied meditation practices based in Zen.

The course is limited to 12 persons.

For more information and registration:

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