

## Embodying Process and the Individual

The body is the vessel of emotions, the vehicle for actions, and the tool of perceptions. Culturally, we have been trained to ignore bodily processes. This class examines the role of bodily experience. By studying sensation, energy, emotion, perception, movement, breath, speech, and touch, students cultivate an ongoing individual practice of embodiment.

Course Number: PSYB208

Unit: 3.0

Program: UNDG Contemplative Psych