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Implications for Adult Educators; 5. Outdoor Experiential Education: Learning Through the Body
Experiential Learning: Bringing the Physical into Learning
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7. Embodied Knowledge and Decolonization: Walking with Theater's Powerful and Risky Pedagogy
Defining the Territory; Embodied Knowing and Decolonization; Witnessing and Embodiment; The Safety and Power of Fiction; Implications for Adult Educators; 8. Coming Full Circle: Reclaiming the Body; Body Wisdom; Role of the Body in Holistic Learning; Awareness of Self and Others; Experiential and Transformative Learning; Challenging Dominant Ideology About the Body; Coming Full Circle; Index

Sommario/riassunto

Explore the multiple ways adults learn through their bodies. Embodied or somatic learning is a way of learning that relies on the body's knowledge. Our most basic form of learning in childhood is preverbal; however, traditional schooling forces us to check our bodies at the door, requiring us to sit at a desk and raise our hands, focusing primarily on cognition to the exclusion of other ways of knowing. By the time we reach adulthood, "being in our bodies" is a foreign concept and a source of discomfort for many of us. This volume challenges the dominant paradigm of how knowledge is c
