

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

JS Bruner



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