



Are you aware that your body is your kings' way to being a good teacher?

Gather with us in a three days' workshop on the bodiliness of teaching.

When we stand before class, we do this within our body,

so let's explore its possibilities!

*There are 4 ways of bodiliness in teaching: '**drama and expression**', '**energizing**', '**being in your body**', and '**the conscious touch**'. This workshop will focus on the latter two:*

***Being in your body:** being aware of the oneness of body and mind, and using the body as a centre of our being and as the first and most important resting place. Being at home in your body, not only when you're at home, but also standing before class. This workshop will cultivate on coming and being home.*

***The conscious touch:** the way the body is used in social media nowadays, is a sexualized one. Youngsters only learn this use, which is a very narrowing one. So let's explore the greater potential of using the body, for instance how beneficent it can be to touch and to be touched. This is a basic insight, and at the same time a very subtle one. Let's explore how we can use the conscious touch in our teaching.*

In this workshop, both student and staff are welcome to participate or contribute to the subject.

27-28-29 of march 2018

Location: Thomas More Mechelen, Belgium

More info: paul.pannier@thomasmore.be