



**Bodies of Knowledge: Embodied Learning in Adult Education: New Directions for Adult and Continuing Education, Number 134 (J-B ACE Single Issue ... Adult & Continuing Education)**

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## **Bodies of Knowledge: Embodied Learning in Adult Education: New Directions for Adult and Continuing Education, Number 134 (J-B ACE Single Issue ... Adult & Continuing Education)**

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 constructed and shared. Embodied learning is examined through a variety of practice contexts, including higher education, community education, health care, and the workplace, and through multiple methods, including dance, theater, and outdoor experiential education.

This is 134<sup>th</sup> volume of the Jossey-Bass quarterly report series *New Directions for Adult and Continuing Education*. Noted for its depth of coverage, it explores issues of common interest to instructors, administrators, counselors, and policymakers in a broad range of adult and continuing education settings, such as colleges and universities, extension programs, businesses, libraries, and museums.

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