

ARC 489

Somatic Creativity and Design

“Living in body”

MEF University FADA Spring '23

a deep-diving journey
to understand

body • mind • matter

“Living in body” is an **experimental** and **experiential** studio on understanding the body and its context, the universe, the space and its qualities. Along with **yoga practices(asanas)**, it aims to make a journey through the physical body, which is the space of the human/spirit/essence and then to the other layers of the body, **based on awareness**, with the perspective of yoga philosophy. This studio aims to take the designer on a **transformative journey** by asking questions about how could the design process and design quality can be in a context where the designers are aware of their **body and breath**, have the ability to be present at the moment, get to know their own essence and their potential and transform their lives by the physical and other practices.

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