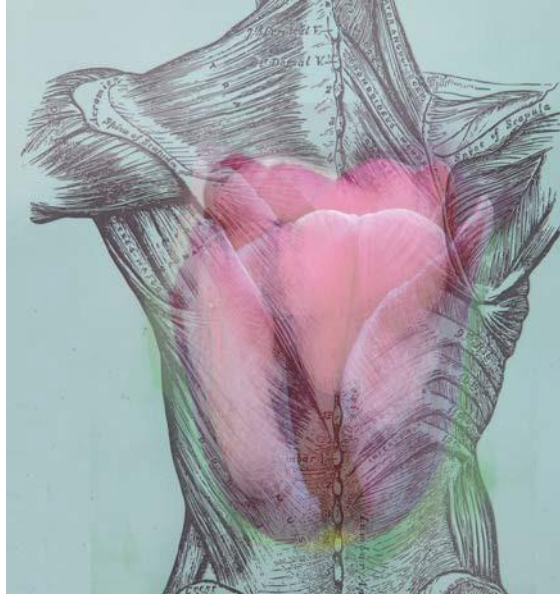


Re-Imagining the Body

All Level Program, Fall 2024, 8 credits, remote on Saturdays, 10 am – 2 pm PST, and some Fridays, 7pm – 9 pm



Faculty: Hirsh Diamant, Ph.D. diamanth@evergreen.edu

Supplies:

You will need to purchase Art kit from Evergreen bookstore (approximately \$ 50.00)

How can interdisciplinary knowledge of world medical systems, integrative health practices, and emotional intelligence to catalyze a culture of health and wellbeing in individuals, schools, communities, and diverse cultures? How can this knowledge be cultivated to align with the rhythms and cycles of nature?

This interdisciplinary program will explore how the human body is imagined by Eastern and Western cultures, and how we can re-imagine the body to improve health and to have a greater sense of well-being. Specifically, we will explore how world medical systems including Traditional Chinese Medicine, and Ayurveda from India conceptualize energy and health in human body, soul, and spirit. In particular, we will study body systems and examine ways in which the body was imagined in Western scientific illustration and in Chinese alchemical images. We will look at major organs and body systems from physical, physiological, and spiritual perspectives, practice art illustration, and explore new ways of understanding and representing the interdependent work of a healthy body. We will look at how health care practices can integrate interdisciplinary knowledge and focus on prevention, wellness, beauty, and thriving.

This program will be collaborating with universities in China, India, and Vietnam to develop cross-cultural projects on health, education, and culture. Please note that due to differences in time zones, we may have some meeting times on Friday evenings.

Students will have an opportunity to learn in many different ways including working with multiple intelligences and mindfulness practices. We will integrate somatic learning into our studies, including movement, Qigong (a Chinese system of physical exercises and breathing control), and visual art workshops. Students will participate in seminars, writing assignments, and study of important ancient texts.

Preparatory for: Integrative Health, Psychology, Arts, Chinese Studies, Consciousness Studies, International Studies

Potential Books:

Wynn Kapit/Lawrence M. Elson (2014) The Anatomy Coloring Book

Credits Awarded in: Integrative Health, Visual Arts, International Cooperation