



Bodies of Knowledge: Embodied Learning in Adult Education: New Directions for Adult and Continuing Education, Number 134

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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 134th 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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