

# MTP8210 : Bodymind Healing

Offers an overview of multiple paths of body-centered practices through an exploration of historical, familial, and personal trauma relating to racism and othering experiences and how these are stored in the nervous system as embodied traumas. Drawing on the neuroscience, somatic experiencing, and collective wisdom of emergent voices from African American, Indigenous, Latin American, and Asian Embodiment traditions, students will explore a variety of experiential bodymind healing practices. Students will write a short paper on a chosen bodymind practice and its relationship to transgenerational, cultural, and community healing.

**Credits** 3