

News Release
For Immediate Release

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**Embodying Your Curriculum Offers An Innovative Solution For
The Challenges Schools Face Today**

Online Course Launches To Help Faculty & Students Address Overwhelm

Los Angeles, Calif. (August 13, 2020) - [Embodying Your Curriculum](#), a 6-week, 4-module online course that equips faculty and students with innovative pedagogies to address stress and overwhelm in times of crisis, launched this month, with the next course starting Sept. 27. Participants in the inaugural course come from colleges and universities across North America, including:

- Macalester College
- Rutgers University
- Southwestern University
- UMass Amherst
- University of Minnesota
- University of North Carolina - Greensboro
- University of Toronto
- Western University

This course debuts as unprecedented change is affecting our schools. Amidst political demonstrations, racial injustice, and an international pandemic, students and faculty are more vulnerable to anxiety, mental health challenges, and feelings of overwhelm than ever before.

With decades of experience in embodied pedagogy, trauma resolution, social justice education, and teaching about racialized trauma both inside and outside the classroom, Co-founders Anita Chari, Ph.D., Associate Professor of Political Science, University of Oregon, and Angelica Singh, M.A., BCST, founder of The Embodiment Process, bring a wealth of experience to help our education systems succeed.

Chari endures the challenges in academia firsthand, prompting a collaboration with Singh to create this course. “As a professor, I see colleagues and students struggling with new stresses, feelings of overwhelm, and a tremendous level of insecurity,” says Chari. “That’s why Angelica and I came together to create Embodying Your Curriculum - to bring a deeper level of support to both students and faculty as we are called to deepen our conversations about vital issues in this current social, political and pandemic reality.”

Embodying Your Curriculum is also the genesis of Singh’s foundational teachings for professionals. “Our course transforms my work in the field of trauma therapy to cater specifically to faculty and students in academia,” says Singh. “Since creating The Embodiment Process eight years ago, I’ve watched hundreds of people change their lives for the better, recovering from stress and overwhelm and experiencing meaningful connection. We’re excited to bring this

solution to educators across North America in response to the serious issues educational institutions face today."

Embodying Your Curriculum combines trauma-informed pedagogies with mental health neuroscience to teach practical solutions that help support faculty, retain students, increase the value of the classroom, and create a lasting relationship with students who will feel more connected to their school, even when online. It also gives faculty greater expertise in the act of teaching and relationship-building. Administrators, teachers and students all benefit when teachers know how to work with overwhelm, and how to use those same techniques in helping students address contemporary issues and stressors.

Membership forums, resources, and direct support are available after course completion so participants can experience lasting success. Private workshops are also available for those who want to customize the curriculum to meet the specific needs of their faculty.

Those interested in signing up for the next Embodying Your Curriculum course Sept. 27 can do so at <https://anitachari.com/embodying-your-curriculum/>.

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Additional high resolution professional photos are available on request.

About Embodying Your Curriculum

Embodying Your Curriculum is a modern approach to increasing faculty productivity and boosting student retention. The course teaches faculty and students innovative practices to regulate the nervous system and impactful tools that help them make deeper connections, feel less overwhelmed, and have safe, authentic conversations about contemporary issues – particularly crucial skills for today's classroom. Co-founders Anita Chari, Ph.D., Associate Professor of Political Science, University of Oregon, and Angelica Singh, M.A., BCST, and founder of The Embodiment Process, have decades of experience in embodied pedagogy, trauma resolution, social justice education, and teaching about racialized trauma both inside and outside the classroom.

For media information or interviews with Embodying Your Curriculum Co-founders Anita Chari or Angelica Singh, contact Lauren Nischan at 720.724.1706 or lauren@rootmarketingpr.com.