

# EMBODYING YOUR CURRICULUM

creating resiliency for universities in teaching and learning during times of crisis

## OUR STORY

Embodying Your Curriculum is an online course that equips faculty and students with pedagogies to address overwhelm during a time of unprecedented change in education. Amidst political demonstrations, racial injustice, and an international pandemic that is hitting the U.S. hard, our students and faculty are experiencing more anxiety, mental health challenges, and feelings of overwhelm than ever before. Embodying Your Curriculum is a modern, innovative approach to increasing faculty productivity and boosting student retention. It combines trauma-informed pedagogies and mental health neuroscience to teach practical solutions that will retain faculty, retain students, increase the value of the classroom, and create a lasting relationship with students who will feel deeply connected to the university, even as alumni.

Administrators, teachers and students all benefit when faculty know how to alleviate overwhelm, and how to use those same techniques in helping students address contemporary issues and stressors. This helps everyone in the education system improve, especially when they may have been compromised by external challenges, economic hardship, and social isolation. It also builds a resilient academic community strengthened by relationships that add value.

With decades of experience in trauma resolution, social justice education, embodied pedagogy, and teaching about racialized trauma both inside and outside the classroom, Anita Chari, Ph.D., Associate Professor of Political Science, University of Oregon, and Angelica Singh, M.A., BCST, have the experience needed to help our education system succeed.

## What it means to EMBODY Your Curriculum:

Fully engaging the body and senses to deepen relationships and strengthen learning experiences in the classroom.

## THE PROGRAM

This is a 6-week, 4-module curriculum that uses a distinct, modern approach to increasing faculty productivity and boosting student retention. Both the faculty- and student-specific courses available through Embodying Your Curriculum facilitate engagement in times of overwhelm so that students learn more deeply and effectively both online and in-person. Faculty and students are trained to regulate their nervous systems and given impactful tools to settle their bodies and minds, create deeper connections, and have safe, authentic conversations about contemporary issues.

Once the course is complete, there are membership forums, resources, and direct support so participants have access to lasting success.

## ANITA CHARI Associate Professor of Political Science, University of Oregon

Anita Chari is a political theorist and distinguished educator who has won multiple teaching awards for her innovative work to bring embodied, trauma-informed, social justice paradigms into higher education. She is the author of *A Political Economy of the Senses* (Columbia University Press, 2015), and her research on embodied practices and political theory has appeared in various scholarly journals.

Chari is a pioneer in bringing trauma-informed, social justice practices into the classroom since 2008, where she began to integrate embodied practices as a Collegiate Assistant Professor into the undergraduate Social Sciences core curriculum at the University of Chicago. At the University of Oregon, she created several courses at the undergraduate and graduate levels to bring a holistic, embodied approach to teaching about structural oppression, critical theory, and social justice. In 2018, Chari won two prestigious awards for her work bringing the principles behind Embodying Your Curriculum into the classroom: The Herman Award for Distinguished Teaching, and The Williams Fund Teaching Award.



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## ANGELICA SINGH M.A., BCST, and Founder of the Embodiment Process™

Angelica Singh is a somatic educator, trauma therapist, and thought leader whose work through The Embodiment Process was featured in *O, The Oprah Magazine*. She has presented her work as a featured speaker and panelist at the 2018 Conscious Life Expo, lectured at the 2018 New Living Expo, and the foundation of her process has been offered to expecting mothers through the UCLA Medical Center.

With over 20 years of facilitating embodiment and trauma resolution with individuals, groups, and institutions, Singh has helped hundreds of people resolve their trauma and anxiety through emotional healing. She is the author of two innovative online courses, The Embodiment Process Foundational Course, and The Deep: How to Complete your Patterns of Anxiety. She specializes in creating a palpable sense of embodied connection with her students and clients, both in-person and online. Her work has innovated the online learning experience to meet the current needs of communities and society as a whole.



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