

Sustainability and Society

Somatic Practice in East-Asian Philosophies

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PRACTICE:

Physical activity that is repeated over and over again
performed for its own sake, but aimed at improvement
with the whole person 'body and soul' engaged.

Practice in developing physical skills

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Practice in 'realising relationships':

- 1) becoming more aware of our relations with others
- 2) making them real, through honing our perceptions
and cultivating reciprocity through imagination