



Teaching^(*) from a Renewed Posture

A 5 hour-workshop in movement to ease Concordia faculty members back to in-person classes

Thursday, September 16, 2021, 5-7 PM

Friday, September 17, 2021, 9-12 AM

Concordia University, Henry F. Hall Building,
1550 De Maisonneuve W., Room H-601

with **Geneviève Emond, Ph.D., MUZA**

Offered by Concordia Center for Teaching and Learning
in partnership with MUZA : <https://muzaeducation.com>



Muza
Creative Educational Solutions



**CENTRE FOR TEACHING
AND LEARNING**

A 5-hour workshop designed for Concordia faculty members.

Inspired by a binational action-research conducted during COVID-19, this somatic and reflexive encounter is meant to ease back to in-person classes.

Explorations in movement, combined with reflection exercises, engage to perform specific actions for a solid and mindful return to university in a renewed posture, after many months of distancing from one another and experiencing constraints.

Themes include : relationship to one's own self (body), others, time, space, technologies, institutions

Schedule

Thursday, September 16, 2021, 5 to 7 PM

Friday, September 17, 2021, 9 to 12 AM

Concordia University, Room H601

Participants limited to 18

Registration CTL

[Register on-line for this workshop](#)

Information : admin@muzaeducation.com

Public health measures will be respected.

This workshop features original somatic drawings created by Swiss artist and teacher trainer, Sabine Oppliger.

(*) Our work takes roots in the fields of study of teaching and training. Our mentoring approach and themes tackled can also be beneficial for everyone wishing to strengthening his or her professional or personal actions, including study projects.

Geneviève Emond

Ph. D. (Education), MA. (Dance), B.Ed.

MUZA (Since 2003)



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As an educational consultant and teachers' trainer, Geneviève Emond helps professionals find ways to improve their teaching and social practices, using a holistic approach and a collaborative pedagogy. She also supports teams of colleagues wishing to act in a more embodied way together, while offering as well individual mentoring with her company MUZA. After working several years at different levels of educational systems as international projects manager for inclusive education, teacher trainer and teacher, she has dived in an academic path. She holds a PhD in education on teachers' embodiment and a Master's in dance and somatic education. She is also conducting research projects related to the professional development of teachers and student-teachers. She has offered workshops at Concordia in 2019 and 2020.

Participants wishing to dig with more in-depth into the work could join a monthly Community of Practice or register for mentoring session:

admin@muzaeducation.com; muzaeducation.com

Sabine Oppliger's visual work: vibrachroma.ch/sabine



Found the workshop wonderfully nourishing ! It made me think about whether I am in my body or not while teaching and how to be more so.

Bonnie Harnden, Associate Professor, Creative Arts Therapy

It was both a pleasure and a great learning experience to participate in this workshop. I found it engaging and relevant.

Bianca Grohmann, Professor Marketing, John Molson School of Business

I think this approach could really make me a better, more aware, happier and mindful teacher.

Geneviève Moisan, Part-time Faculty Studio Arts, Faculty of Fine Arts



Sequence of Actions

1. Centering, Anchoring

2. Expelling

3. Calming down

4. Occupying Space

5. Opening up to Others

