

## Contents

<b>Editorial: Trans-formations/Methodologies for Exploring Embodiment and Aesthetics</b>	4
Falk Heinrich, Anne Tarvainen	

## Section 1: Trans-formations

### Articles:

<b>Yoga an auxiliary tool in students' lives: Creating and re-creating balance in mindful bodies</b>	9
Suki Phengphan, Tiril Elstad, Wenche Schrøder Bjorbækmo	
<b>The Implicit Politics of Physical Beauty and of Artistic Taste in the Aesthetics of Winckelmann</b>	25
Aura Yanping Gao	
<b>The Clamorous Silence of the Body: on Shusterman's Somaesthetics</b>	38
Nóra Horváth	
<b>Self-Transformation as Trans-formation: Rilke on Gender in the Art of Living</b>	45
Richard Shusterman	

### Book Reviews:

<b>Bodily Engagements with Film, Images, and Technology: Somavision, Max Rynnänen</b>	57
Steen Ledet Christiansen	

## Section 2: Methodologies for Exploring Embodiment and Aesthetics

### Articles:

- |   |     |
|---|-----|
| <b>Somaesthetics and Methodology: A Dialogue</b>  | 61  |
| Falk Heinrich, Max Ryyänen, Stefano Marino, Aurosa Alison, Elena Romagnoli                              |     |
| <b>How to Apply Somaesthetics?<br/>Practices, Methods, and Research Design in Somaesthetic Approach</b> | 108 |
| Anne Tarvainen  |     |
| <b>Art as “The Third Skin”:<br/>A Methodology for Exploring “Spatial Repetition” in Trauma</b>          | 130 |
| Shira Berger  |     |
| <b>Weeping out Loud:<br/>Embodiment in the Contemporary Lament Learning Process</b>                     | 148 |
| Elina Hytönen-Ng, Emilia Kallonen   |     |
| <b>How closer can methodologies approach life?:<br/>The study of “bodily knowing” in Japan</b>          | 163 |
| Jiyun Bae   |     |
| <b>The Somaesthetic Body and the Phenomenological Consciousness</b>                                     | 174 |
| Ulrik Winding Søberg  |     |