

Embodiment, Health, and Community: Promoting Well-being in Classroom Environments

Provost Teaching and Learning Fellow (PTLF) Research/Pedagogical Practice in the areas of yoga, mindfulness, and well-being

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I applied to the GT PTLF program with an interest in exploring how practices such as yoga, meditation, and mindfulness can help us manage stress and promote wellbeing on campus. I also wanted to strategize ways to support IAC faculty teaching and discuss the ways that our work could be better understood and promoted at GT.

Overview of PTLF work so far:

In year one, my cohorts, Carla Gerona (HTS), Gordon Kingsley (Public Policy), and I discussed pedagogical topics that included issues surrounding online learning, teaching liberal arts at GT, and exploring the culture of teaching and learning at Tech. We organized an event on “Teaching Controversial Topics in Contentious Times” to bring together several faculty from IAC.

Related to this event, I organized a roundtable panel at the 2019 Interdisciplinary Nineteenth Century Studies Conference in Dallas, TX on:



In year two: we are focusing our efforts on academic well-being, a topic that is relevant to our pedagogical thinking and the needs of our campus now.

This topic is tied to my interests, and the PTLF experience has helped me develop ideas to incorporate support for well-being in my pedagogical approach.

PTLF support for project:

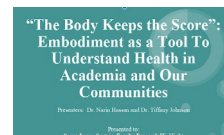
Support towards a year-long advanced 500-hour training in holistic well-being techniques at Purna Yoga College in Bellevue WA (the only college-accredited program in the country for yoga, meditation, and yoga history/philosophy).

Research support for books/supplies on the histories and practices of mindfulness and meditation and pedagogical resources.

Professional development and travel support to seminars and training sessions related to this work.

Related projects:

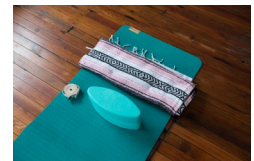
Serve-learn-sustain (SLS) talk with Dr. Tiffany Johnson.



Upcoming Plans/Ideas:

Designing a new LMC 3219 Literature and Medicine syllabus for Fall 2020 with a well-being component and additional material on holistic medicine and global approaches to health. Addressing and promoting how humanities courses such as this can improve cultural awareness, empathy, belonging, and well-being.

Planning a potential co-taught theory and practice course with Dr. Tiffany Johnson (Scheller) on the histories and practices of yoga and meditation.



Organizing a symposium at GT related to issues of academic wellbeing. Creating a digital and physical archive of well-being resources and pedagogical research on this topic.

Building connections with programs including The Center for Contemplative Mind in Society, Mindful NYU, The Center for Compassion and Altruism in Research and Education at Stanford, and others.