



Panel: An Embodied Future of Education



Ashira Prem Rachana is a meditation and yoga trainer and healer from Palestine. She is the founder of Catharsis holistic healing for former Palestinian child prisoners. Andrey Pentin is a psychologist, coach, social worker and mediator from Russia. Dr. Sneha Rooh founded Orikalankini to educate about menstruation. Discover what a more embodied school and learning process looks like.

TOP EMBODIMENT TIP:

Dr. Sneha Rooh - Imagine how animals breathe and make the sound.

Andrey Pentin - Be in contact with nature and hug, meditate and breath with trees.

Ashira Prem Rachana - Breathing in nature and being barefoot.

Why Does the Body Matter in Education?

- **Ashira Prem Rachana**- The connection between mind, body and soul cannot be separated. To teach children anything, the body needs to be involved because the physicality is there.
- **Andrey Pentin** - The body is always there and it is important to ask how we treat the body.
- **Dr. Sneha Rooh** - Being embodied is the only way to involve yourself in an experience and not just talk about it.

How can Embodiment Be Part of Education Systems?:

- **Ashira Prem Rachana**- Active meditation is wonderful for children and allows them to move in a way that feels comfortable to them and helps to release trauma.
- **Andrey Pentin** - We need to achieve systematic change in schools and use Embodiment so that the students can explore their story, their feelings and experience.
- **Dr. Sneha Rooh** - Nonviolent communication cards can help children to express their feelings and increase awareness of what's happening in the body.

Question: How to Reduce Stress?

- **Andrey Pentin**- Centering is a self regulation technique that can be used daily.
- **Ashira Prem Rachana**- Start a class with shaking, it helps to release trauma.



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