

23.6 Paper Presentation VI “Wellness”

Realizing the Meaning of Life through Mindfulness Yoga

By Nai-Hua Liu

There have been many publications on the benefits of the physical practice of yoga, but very few on the methods of integrating mental practices into physical poses. This study on Mindfulness Yoga aims to provide a holistic view of the discipline by combining both the physical and the mental aspects in yoga. The researcher believes that the prevailing teaching method of contemporary yoga emphasizes the execution of different yoga poses, with the teachers not explaining how the mind should operate at the same time, whereas Mindfulness Yoga aims to bring us closer to the concept of traditional yoga's body-mind integration. This study employs narrative inquiry as the research method to draw on the researcher's personal experience with Mindfulness Yoga and to explore how, by building a bridge between the body and the mind, she has learned how to connect with other people and find a new meaning of life.

Feeling the Toughing of Silk Scarf: Integrating Sensations into Dance Activities for the Elderly

By Szu-Ching Chang

Dance, as a movement-based activity, is welcomed by elderly groups, especially by woman. However, many dance activities designed for the elderly often ignore the importance of sensations and expression, when the goals are set to enhance physical fitness. The purpose of this paper is to explore the possibility to integrate more dance elements on sensations into physical activity. Employing the concept of Shape and Space from Laban Movement Analysis, this paper analyzes the process and the formulation in designing a dance class that uses silk scarf as a medium to introduce the practices of feelings. This paper argues that, for maintaining both physical and mental well-beings, the elderly has the need to connect with their own feeling and to express their emotions. When dance activity combines practices on sensations, it offers opportunities for the participants to enjoy dancing as well as to appreciate the value of themselves.

Moving for our Well-being: bringing out Musicality in Movements

By Kimho Yip and Catherine See-wing Yau

Movements with musicality can improve brain function, decrease stress levels and cope with traumatic experiences, boost emotion and self-esteem. Musicality is a term used by psychoanalysts to emphasize the generality of our musical and communicative ability in an interactive social environment. Two artists, one choreographer and one musician, collaborate in an activity-based course exploring how participatory activities can offer many benefits for university students continuing their study at home during the pandemic, showing them how diverse aspects of well-being are experienced in, through and with body movements and musical interactions, overcoming the limitation of not meeting face-to-face. Case studies of the latest development in applying movement and musicality for healing in different settings encourage students to become aware of how movements and musicality can help themselves and others to experience the kind of life-affirming pleasure that is important for well-being, and essential for sustainable creativity under the new normal.