

PROJECT 3: ASSIGNMENT 3B



Geeta Iyengar

"Do not think of yourself as a small, compressed, suffering thing. Think of yourself as graceful and expanding, no matter how unlikely it may seem at the time. When we lose this lightness, our bodies shrink. The moment the body shrinks, the brain becomes heavy and dull."

- B.K.S Iyengar

PROJECT 3: ASSIGNMENT 3B: YOGIC SPACE AND THE PERIPERSONAL CLASSROOM

▪ **Written Component:**

- We will have at this point discussed the practice of Yoga Asana, or postures (handout of Yogic Principles for Asana class forthcoming), and will have had a chance to do some postures as a class together.
- For this assignment you will simply write a page-long statement about what you have gleaned from this introduction to Yoga (if you aren't already a practitioner, in which case you'll elaborate on your ongoing study), and how it might effect your design outlook.
 - Does how one holds themselves in space, their habitual posture, effect agency?
 - Can design effect that posture?
 - What is your relationship to the bubble of extension and potential action each body carries at all times at this point?
 - Is there a way to design with the internal sense of dimension, the compressed or expansive interior self (refer to quote above) of the inhabitants of your designed spaces?
 - It is one thing to begin to address peripersonal space but how do we address this yogic internal space?
 - Can design aid in helping bodies to think of themselves as expanding, even graceful, or is a yogi I know right when she says that that is "an inside job"?
- The essay should take approximately 3 hours.
- To be submitted on November 17th.

▪ **Physical Component: 5 day practice.**

- Please take one pose from class (a handout of Asana names and descriptions forthcoming), and practice it for 10 minutes each day for five days. Set a timer, lay out a towel or mat to designate your peripersonal space. Be barefoot and wear comfortable clothes.
- **Write down one thing each day that you discovered about being in that pose.**