

FREE PUBLIC PROGRAM

## Body Conscious Design

This three-hour free workshop involves direct experience of designing from the point of view of the body. Somatics (a combination of sensory, psychological, and cultural awareness) and experiential anatomy are briefly explained, and then experienced through a carefully crafted sequence of exercises. Group discussion about design implications for all scales, from object to building to landscape, concludes the workshop

**Guest Lecturer: Jader Tolja**, M.D., from the Domus Academy of Design, Milan, and author of Bodythinking.

**GALEN CRANZ**, Ph.D., has been a professor of architecture at UC Berkeley for more than 20 years. In 2004, she received an Environmental Design Research Association award for her book *The Chair: Rethinking Culture, Body, and Design*. She currently teaches courses in the social and cultural bases of architectural and urban design and research methods. Her current research activity includes the body and the near-environment, the office of the future, environmental sociology, and sociology of parks.

- \* 1 meeting
- \* July 26: Sat., 1-4 pm
- \* San Francisco: Room 204, South of Market Center, 95 Third St.
- \* No fee (EDP 024190)