

# A Somatic Education Workshop for Art Students. An Alternative Approach to the Art Education

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## Abstract

**This communication wants to share the results of a somatic education workshop implemented in a stage creation process developed with the representative group of student-arts of the University of Guadalajara. It is based on a somatic education proposal as a method to generate the integration of the individual from a movement perspective in different planes of action that go from the individual to the group or collective work. The somatic proposal in the area of arts favors reflexivity, the taking of decisions and the generation of spontaneous actions in a context of dialogue, group participation and exchange, looking after diversity. It focuses in the local work of awareness through movement to develop creative propositions and actions in an integrative and group practice.**

**Somatic education as an educational strategy for the arts implies participation from a corporeality practice with which it is possible to build subjective processes through practice, recovering and generating experiences in the individual plane as well as the relationship plane. This option consists in an alternative approach to the art education.**

## Keywords

Art, Somatic, Education, Dialogue, Diversity.