- The mind is inherently embodied
- Thought is mostly unconscious
- Abstract concepts are largely metaphorical

These are three major findings of cognitive science.

More than two millennia of a priori philosophical speculation about these aspects of reason are over. Because of these discoveries, philosophy can never be the same again.

George Lakoff, UC Berkley linguistics professor

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Learn the body language

Movement is the language which speaks to the body as the words speak to the mind. In that language the knowledge of the body – the embodied knowledge is communicated. Through movement we bring ideas into the body, into the material reality. Through movement the body experiences, learns and understands even when the mind doesn’t.

In the Movement and Qi course, we learn how to ‘read’ the language of movement and we read some of the most interesting sections. We practice selected techniques from qigong, yoga, martial art, Do-in. We draw insights from a variety of sources ranging from modern science to oriental traditions and Feldenkrais and Alexander. We do not aim for an encyclopedic knowledge of techniques, but for an understanding of principles which underlie them all.

Movement and Qi Course
Mondays 14:30 – 16:00. First meeting March 26th, Blindern Athletica, Sal 5.
Eight meetings. Registration in Studentidretten, SiO.
Main instructor: Dino Karabeg, Associate Professor

www.sio.no/trening
Become effortless

We create technology to make the life easy. But what if most of the effort is a result of imperfect action? What if effortlessness is possible, but must be learned?

In the Movement and Qi course we learn the principles of effortless action: breathing, coordination, attitude. We work with various techniques, such as qigong, martial art and Feldenkrais, by which effortlessness can be learned.

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All action of a living being is accomplished through muscular contraction or release. [...] Learning to inhibit unwanted contractions of muscles that function without, or in spite of, our will, is the main task in coordinating action. [...] Correct coordinated action seems, and feels, effortless no matter how great the actual amount of work involved may be. This assertion may seem sweeping, but it can be shown to be true in every case.

Dr. Moshe Feldenkrais
Cultivate your health

We don’t need to tell you this, you know it yourself: Your health is your own responsibility. But don’t forget that health is a lot more than just absence of disease. It is a continuum. It is in the range between 1 (absence of disease) and $+\infty$ that cultivating your health ceases to be a responsibility and becomes an adventure.

In the Movement and Qi course we draw insights from a variety of healing and self development systems, ranging from modern research on salugogenesis to acupuncture and macrobiotics. The concept Qi, which is the foundation of most oriental healing systems, has been modernized in Movement and Qi course. It gives us a very simple model of health, which helps us understand how our health gradually develops and what we may do to develop it ourselves.

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[www.sio.no/trening](http://www.sio.no/trening)
Become a cultural environmentalist

Through millennia of evolution each tradition developed its own ‘book of movement’, written in the body language and communicated directly from body to body. Those books of movement have recently become available to us. Together they amount to a most fascinating library. What sort of knowledge can be transmitted in this way? What part of it should be everyone’s basic education? What part of it should belong to your own life?

The Movement and Qi course is about cultural change. We have outgrown and destroyed the traditional culture and the modern culture emerged on its ruins. The modern culture has profit and convenience as its goals, not well-being. When we want to move towards wholeness - which is true well-being - we find ourselves swimming against the current of our culture, the current which should effortlessly carry us there. First we need to understand well-being. Then we need to embody it. Only then will we be able to create a culture which cultivates well-being. Only then will our work be done. The Movement and Qi class is a step in that direction.

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Stressed?

In the Movement and Qi course we go through a number of stress reduction techniques you can choose from and learn. But more importantly, you will learn how to integrate the principles that are behind them into your daily living, so that you don't get stressed.

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We are coming to understand health not as the absence of disease, but rather as the process by which individuals maintain their sense of coherence (i.e. sense that life is comprehensible, manageable, and meaningful) and ability to function in the face of changes in themselves and their relationships with their environment.

Aaron Antonovsky

Know thy self, know thy culture

What is life really all about? Money? Career? Traditional meanings and values seem to have disappeared together with the traditions. Are they gone forever? Can we claim them back? Can we create new ones?

In the Movement and Qi course we learn about the symbolic environments. Every tradition had one. What does it mean to be a warrior? Or to be a yogi? We can embody those qualities and integrate them into our modern daily lives.

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