

# Active and creative flow!

Talks for students of sport, dance, music, drama & art



In Scandinavia, we have “folk high schools”, where young adults can take longer courses in artistic subjects or sports. In the past, I’ve taught at such schools as a drama teacher. Now, as a philosopher, I lecture at sports folk high schools. The talks I offer are available in Danish, English, and Norwegian.

When giving talks to students - who range from the extremely ambitious to those who’ve taken a year off to pursue a hobby - I speak to their individual experiences as embodied subjects. I create a space where everyone is welcome to ask questions and share their stories. We often get into very interesting conversations after the presentation!

I talk about the phenomenological difference between *being* a living, active body, on the one hand, and *having* a body, an object that we can prepare, hone and observe, on the other. Getting into “the zone” or “flow” is important to these students, and identifying these states of consciousness gives them tools for making conscious choices. We touch upon the history of the philosophy of the body, and look at the body-mind hierarchy of past and current societies.

Reference: Gerlev Sports Academy.

+45 51171432

camillebuttingsrud@gmail.com

<https://camillebuttingsrud.weebly.com/>