

EU SSSI 2017

WORKSHOPS

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Contemplative Hatha-Yoga for Self-Observation. Deep-Self as a “Tool” of Psycho-Social Inquiry

Workshop led by:

Krzysztof Tomasz Konecki, University of Lodz
Emma Engdahl, University of Gothenburg

Overview:

The workshop will be aimed at practicing hatha-yoga as a tool for researching the embodiment of experience of the Life-Worlds. Lived and living experiences will be described and dispute after the practice of hatha-yoga and meditation and breathing exercises. The goal of the practice will be also to learn self-observation and self-reporting of the experiences of the feelings of the body. The self reports written in the form of diary could be treated as protocols for later analyses. The skills in self reporting will be taught. The methods of writing technical descriptions of situation and experience, poetry and drawing (painting and other forms of art are also possible) as tools of testimony of experience will be practiced together with hatha-yoga exercises. The kind of the research will include self-reports of the researcher and self-reports of the other participant of the research that are instructed by the leading researcher. The final exercise will be meditation that is preparing the researcher to mindful qualitative research and applying the principle of epoche and limiting preconceptualization in the research.

Workshop program:

1. Introduction. Basic concepts.
2. Practice of hatha-yoga.
3. Self -reports. Description of the experience of embodiment of emotions and discussion.
4. Practice of pranayama.
5. Self-reports. Description of the experience of embodiment of emotions and discussion.
6. Epoche. Meditation (Observation of the breath; Who am I?; What is it?).
7. Self -reports. Description of the experience of embodiment of concepts and emotions.
8. The analysis of the experiencing of the phenomena.

Outcomes:

The skills of self-reporting and analysis of the self-experience and preparing others participants to this kind of research.

Krzysztof Tomasz Konecki, the author is a professor of sociology and works at the Institute of Sociology, Faculty of Economics and Sociology, University of Lodz. He is a Vice-Dean for Research at the Faculty of Economics and Sociology. His interests lie in qualitative sociology, sociology of interaction, methodology of social sciences, visual sociology, communication and intercultural management, sociology of emotions, organizational culture and management, and forms of contemporary spirituality. He was the Fulbright Scholar grantee and received a scholarship of

Japanese Ministry of Education. He is the editor-in-chief of Qualitative Sociology Review and holds membership in the Board of European Society for the Symbolic Interaction, and membership of Committee of Sociology in the Polish Academy of Science; he was also a member of the Executive Committee of European Sociological Association. He is the author of many papers and books on qualitative methodology, human-animal interactions, hatha-yoga practice and meditation. He has created Visual Grounded Theory, qualitative methodology of visual data analysis. He is recently interested in contemplative inquiry and phenomenological research. He is a certified hatha-yoga instructor and teaches contemplative hatha-yoga. The full coverage of publications and interests is on the website: www.krzysztofkoncki.prv.pl.

Emma Engdahl is fil dr and associate professor of sociology at the University of Gothenburg, Department of Sociology and Work Science. Among other things, she is responsible for the development of education and research in the field of social psychology. The work is conducted both at her home institution and at other institutions, including the Department of Psychology, where she is currently involved in the development of the new Psychology Program. Her work is carried out nationally and internationally through networks such as Workshop on Sociological Social Psychology (WoSSP); the Society for Studies of Symbolic Interaction (SSSI); and the European Society of Studies of Symbolic Interaction (EU SSSI). Engdahl was the main organizer for the Fifth Conference of European Studies in Symbolic Interaction (2014) and board member of the European SSSI. Since her defense of the dissertation "A Theory of the Emotional Self" (2004) Engdahl has published numerous books, articles and book chapters. Engdahl has worked on a couple of different universities both in Sweden and abroad, and has a solid and proven experience in teaching, supervision on all levels, including doctoral level, research, academic leadership, and innovation. She is continuously hired as an opponent and member of the Examination Board for doctoral dissertations, as well as peer reviewer for several national and international journals and publishing houses. She is also engaged as an expert for the granting of research funds. Furthermore she has worked in the industry as responsible publisher in the fields of sociology, social work and psychology at Liber AB. Engdahl has good experiences of interdisciplinary work. She has been a visiting scholar at Columbia University, Department of Political Science; University of Chicago, Department of Social Thought; Waterloo University, Department of Philosophy. She has an ongoing collaboration with Stanford University, Program in Writing and Rhetoric, as well as University of Oslo, the Department of Human Geography. Engdahl conducts research in the areas of the sociology of the body and emotions; identity development; non-verbal communication; social change and social pathologies; and social theory.