

## **Put your ideas in motion through the embodiment methodology**

*Thursday 16 February 2023 09:30 (40 minutes)*

In this workshop we will have a short introduction and practice to embodiment, exploring the question: how does the way we move influence the way we think? We will also share what we have learned in inviting more than 600 students into embodiment practices in the context of Challenge Based Innovation at IdeaSquare. Finally we will invite you to experiment the methodology and give us feedback on the practice.

**Presenters:** MULLER, Romain (CERN); UTRIAINEN, Tuuli Maria (Helsinki Institute of Physics (FI))