

Dagmara Elzbieta Tarasiuk

Summary of the dissertation titled "The Experienced Body and the Body that Experiences: A Sociological Analysis of Hatha Yoga Practice" by Dagmara Tarasiuk.

The main topic of this doctoral thesis is a sociological analysis of the practice of hatha yoga, specifically the transfer of knowledge during group hatha yoga classes, which served as a pretext for contemplation of experiencing of the body. The study of the process of bodily knowledge transmission brought additional and interesting data on the change in the relationship between the practitioner and his/her body as a result of the practice. The transformational process experienced by hatha yoga practitioners included the acquisition and improvement of movement skills and, above all, the development of bodily awareness and, therefore, a change in the perception of their own body. The titular division into "experienced body" and "body that experiences" captures the most important aspect of this change - attributing subjectivity to the body.

The conclusions drawn from the research, though related to the analysis of hatha yoga practice, may have broader applications for other physical activities involving the transmission of embodied knowledge and the process of increasing bodily awareness, such as dance, martial arts, or various individual and group sports. All these disciplines involve interactions with both the teacher and other participants as well as with one's own body. Importantly, these interactions can lead, through the acquisition and enhancement of embodied knowledge, to changes in the perception of the body.

This dissertation may also significantly contribute to the sociological theories of embodiment. The awareness process related to getting to know one's own body and its consequences for the relationship with the body and the concept of dialogical, intercorporeal co-production of knowledge are important categories that complement the previous research in the field of transferring bodily knowledge. Besides the structural analysis of the process of work with the body, by the body, and in the body, the thesis presents aspects of experiencing this process, considering its sensory nature and spatial context.

In the first part of the dissertation, I present in detail the subject and purpose of the work and answer the question - why research on corporeality should be undertaken and what significance the obtained research results may have for the development of the sociology of the body. What distinguishes the proposed approach from the research on the body and

corporeality popular in recent decades is the departure from understanding the body as a social construct or individual project in favor of analyzing the experience of the body.

In the second part of the dissertation, I describe the applied methodological framework. In the research, I use an external perspective (interviews, observations, analysis of visual material) and an innovative method of auto-observation, representing a first-person perspective. This way of accessing data constitutes an important methodological contribution to research on the body. Importantly, I do not limit myself to the first-person perspective of the researcher analyzing their own body-related experiences but also attempt to access the direct experiences of the research participants.

In the third, analytical part, I present the results of field research, in which the category of sensory bodily experience was captured through my analysis of the relationship between the individual and their body, as well as the bodies of others, during physical and breathing exercises of hatha yoga, taking place in a specific space and at a specific time.

Part Three consists of four chapters. The first chapter serves as an introduction to the senses in qualitative research. The second chapter aims to demonstrate the processualism of transmitting embodied knowledge in relation to the practitioner's experiencing body. Chapter three analyzes the transmission of embodied knowledge in hatha yoga in the context of its dialogical nature. In the final fourth chapter, the transmission of embodied knowledge is treated as a context-dependent process, depending on the space in which it occurs. Over the course of two years of data collection, the research was conducted in various spatial realities, from professional hatha yoga studios, through self-arranged academic halls for classes, open spaces in a city park, to virtual online spaces and private apartments during the COVID-19 pandemic.

The data for this dissertation was collected during a three-year project conducted from October 2019 until the present day (data as of March 30, 2023) as part of the NCN grant entitled "Embodied experience of body and gestures in the social world of hatha-yoga: meanings and transmission of knowledge in bodily practice" (2018/29/B/HS6/00513), under the supervision of Professor Krzysztof Konecki.

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