

The aim of the project is to investigate how body practice is experienced, which is considered important in recreational and sports activities. The concerns that are important here are body feelings, emotions, and minding. These topics are very important in bodily practices and they will be explained with phenomenological methods of reading and understanding the individual descriptions and interpretations of experiences in hatha yoga exercises.

These concerns are given to us through lived experiences in any body practice. The everyday life perspective is pre-given and naturally experienced by us. This attitude will be researched by analysing the common-sense language that we use in describing bodily feelings, emotions and thoughts after practising hatha yoga. The language and cultural proverbs and sayings which describe the experience will be reflected upon and the investigators will try to reach a first-person perspective in explaining the phenomena of experiencing the body, mind and emotions. The research will be based on the auto-description of the lived experiences and, later on, a phenomenological explanation of them.

The methodological goal of the project is to enrich the phenomenological method of explaining the phenomena by analysing the experiences of the body with the use of the phenomenological perspective and situational analysis with these methods when the researcher is an active participant of the research situation. These methods connected together give insight into the work of the mind, body and emotions, and how they create the knowledge of the body at the basic level of existence in human consciousness, which can be observed and analysed.