

Embodiment, Body Conscious Design

Faculty | Galen Craz, Raymond Richard Neutra

Supporting Faculty | Sophie Schuller

Session 1 will explore embodiment and body-conscious design. Galen Craz, sociologist and architect, will present her 10 Principles of Body-Conscious Design, illustrating how the relationship between architecture and the body is a form of consciousness that is at the root of architectural experience. Dr. Raymond Neutra will contextualize these ideas within his father Richard Neutra's seminal work, *Survival Through Design*, exploring how architectural principles can harmonize with human physiology, enhance sensory awareness, and promote overall well-being. The session will explore how an embodied approach to design can deepen spatial awareness, support natural biomechanics, and create environments that harmonize with the body's innate rhythms.