The article explores the role of physical education in the anthropology of modernity as well as the role of corporeal techniques appeared along the 20th century. The somatic education proposed by the Alexander Technique, Bioenergetics or the Pilates Method are interpreted as part of an aesthetic politics which allows to transform the experience of the self and offers an aesthetic education based upon the expansion of subjective qualities for the knowledge of the self.

**Keywords**

Human body, Kinesthesia. Esthetics, Psychophysics.