The proposed thesis deals with the topic of body language in visual art and with understanding of body language as synergy of the innermost experience and the experience of the bodily form. The theoretical part of the thesis analyses psychological, anthropological and art historical literature published both in the Czech Republic and abroad. The point of departure for the theoretical part is the concept of interconnectedness of sensory perception, its cognitive analysis and the ensuing answer to the environment, focusing especially on the subjective character of these processes. In the practical part of the proposed thesis, an educational art project is designed, based on the results of the theoretical study in the first part and impulses from contemporary visual art (Eva Koťátková, Erwin Wurm, Miriam Cabessa and others). The aim of the educational part is to observe the processes mentioned above, concentrating especially on the creative expression through an artistic action and the experience of the individual.