

Move yourself into Body Awareness Workshop



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A workshop for healing professionals and anyone looking to deepen their personal healing journey!

The Body Awareness Techniques

Create a meaningful, conscious and healthy life... Sometimes our lives continue along the same path yet when we are ready to let go of old identities and old ways we can step into new adventures!

This program will give you tools and strategies from the body level to begin to listen and hear what your body is saying. "Everything we need to know is deep within us yet how do we retrieve this valuable information"?

Learn how to

- Enhance physical and energetic energy through simple relaxing and grounding techniques
- Decrease self-judgment and censorship
- Connect to the place of allowing and letting go

What is Body Listening?

Our bodies speak to us by body sensations, visceral or kinesthetic feelings in the body, like a Gut Feeling, flashes of knowing, images, smells, feelings, subtle energies, memories, songs, music, lyrics or a still small voice.

Why is Body Listening important? Body listening can be a way to inform us at any given moment about our emotional, physical, spiritual health, well-being and safety. Also a way to manage our energy and alert us when we fall into negative assumptions! And the avenue to our True Self or Essence~

How can the Body Awareness Techniques change my energy flow? We can learn to move into creative flow or the zone. This teaches us the place of being utterly absorbed in what we are doing as our awareness merges into our

actions and we can move from an inner place. The opposite of boredom, being stuck or blocked. Can be used in any activity of daily living including our fitness and yoga practice's.

Tools for practice

- Emptying Out---Reflecting back on the day (taking a few letting go breaths)
- Grounding Techniques---Feeling connected to the physical world and our physical bodies usually done with our legs and feet. Connecting to the Root Chakra at the base of the spine. This helps to decrease the sense of spacing out, anxiety, stress and fear. " I am safe in the center of my being"
- Breathing Techniques---Our most vital function that goes on without effort yet we can expand its function to calm the mind, relax the body, improve concentration, decrease anxiety and slow our thoughts.
- Neutral Observing (witness self)---To simply notice, observe and appreciate what is going on in the moment (with our bodies) without judgment or censorship. This allows us to be in the energy of the moment or in the here and now (be present)!
- Allow—Once we have put all the techniques in place we can go to the place of allowing. Allowing keeps the flow of energy moving without getting stuck emotionally or physically.
- Document---journal your findings

During the workshop and returning home!

- Practice noticing without judgment
- What do you notice? Breathing, posture, Body temperature, Body movements, Body sensations, Body awareness's, Body energy, feelings, images, etc.?
- Monitor your energy level
- Monitor your relaxation response
- What feels right
- What increases and depletes your energy
- Practice quick documentation of your awareness's!