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Focussing on distinct body practice from a range of different methods, Graeme Lynn demonstrates how to use the physical body to encourage general health and wellbeing. Starting with the fundamental concepts of movement to more advanced practice, this book will serve as a comprehensive guide to developing the physical body to transform the quality of movement, and bring greater pleasure and effectiveness into every action. Specific lessons include The Alexander Technique, The Feldenkrais Method, and Hatha Yoga. Describing the core benefits of these methods, why they complement each other and how to use them, this is essential reading for students and practitioners of somatic methods as well as anyone interested in learning new ways to optimise health and wellbeing.

“A detailed operating manual for healing pain and awakening embodied joy” through body-oriented Somatic Learning practices that incorporate mindfulness, breathing, and more (Rick Hanson, author of Buddha’s Brain) Awakening Somatic Intelligence offers a guide to Somatic Learning, an innovative body-oriented approach that incorporates mindfulness, visualization, breathing exercises, postures, and stretches. Developed by author, psychotherapist, and award-winning songwriter and poet Risa Kaparo, PhD, Somatic Learning is based on leading-edge research demonstrating the power of the mind to activate physiological, mental, and emotional healing. Kaparo has successfully used her approach with patients suffering from chronic pain, high blood pressure, and mood disorders including depression and anxiety. Recounting her own struggle with chronic pain, Kaparo begins with a

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moving description of her journey from crippling pain to renewed health and aliveness. Kaparo introduces the concepts and characteristics of Somatic Learning, a method that grew out of her personal healing experience.

Incorporating the latest brain research in mindfulness and neuroplasticity, the book presents breathing exercises; postures and stretches for morning and bedtime; instructions for integrating mindfulness practice into one's daily life; and ways of deepening the practice through touch and caring interaction with others. Enhanced with over 100 detailed instructional photos and illustrations, the book includes inspiring case stories and the author's own expressive poetry that illuminate the healing power of this practice.

Your body talks to itself and with its environment every millisecond of every day. Don't you want in on that conversation? It will make a huge difference in how you experience the day. Every type of well-being, whether it's physical, mental, emotional, or spiritual, happens through the body. However, what happens in the body will be according to its programming or conditioning unless we guide and shape its responses. Hundreds of millions of Americans live day by day in preventable chronic pain that limits their ability to work, play, and rest at night. This little known, easy-to-learn method has been around for decades and helped countless people to be empowered to help themselves. Somatic education not only is an invaluable adjunct to whatever workout routine you already have, it can also be used as the foundation of your wellness plan. It uses the body's own communication systems that retrain tension patterns to release, balance, and reset your system. It really works! The principles of this body of work are embedded in osteopathy, chiropractic, t'ai chi and chi kung, meditation, yoga, performing arts, sports, and dance. They all require

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consciously tuning in and connecting to an aspect of the body and mind in order to optimize its capacity to respond in a harmonious, efficient way. Understanding these principles sets you free to self-regulate and maintain balance on your own. "Somatic Intelligence" embodies the wisdom, tools and principals to tap into the universal field and the inner world of awareness of body/mind, the now and future of medicine, awakening the healer within! Written for professionals and lay persons as well, it is a living, breathing gift to humanity.

Suresha's wisdom gift has many times over assisted my own healing, transformation, teaching and healing practice. A blessing Indeed." - Shahido Kempter, M.A., Enicnitas CA, Pilates teacher, Biodynamic Craniosacral Therapist "In striving for wellness & self-awareness, we must learn to listen to our inner voice. This well-researched, easy-to- implement treatment plan helps us to gain access to this deeper realm to of what it means to be human." Dr. M. Lindauer, B.A., M.Sc., D.C. "Adding Neuromuscular rehabilitation to my skill set has enhanced not only my efficacy as a massage practitioner, but also given my yoga teaching added dimension. Combining yogic based awareness practice into my bodywork, including neuromuscular therapy has furthered that discipline as well. They are well suited for one another." - Mark Kahn, Yoga Instructor and Massage Therapist

The Art of Somatic Coaching introduces the concepts and principles of coaching with practices that include body awareness, bodywork, and mindfulness for both the coach and the client. Author and expert coach, Richard Strozzi-Heckler, PhD, explains that in order to achieve truly sustainable changes in individuals, teams, and organizations, it is necessary to implement body-oriented somatic practices in order to dissolve habits, behaviors, and interpretations of the world that are no longer relevant. He explains that these

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ways of being are integrated in the body—at the level of the musculature, organs, and nervous system. By implementing a somatic approach, these patterns can be shifted in order for transformation to occur. Opening with a discussion of the roots of Somatic Coaching, the book describes the emotional and physical cost of being distanced from our bodies.

Originating from the rationalistic idea that the mind and body are separate, this sense of disconnection spurred the emergence of the field of somatics that views the body as not just a physiological entity, but as the center of our lived experience in the world. Out of this philosophy, Somatic Coaching was developed as a way to cultivate the self through the body. Methods in this book include:

- Somatic awareness--becoming aware of sensations
- Somatic opening--includes bodywork to release held patterns in the body
- Somatic practices--meditation, movement, and being present in everyday life

The social context in which one is raised, the supportive, healing force of the outdoors and nature as well as acknowledgment of the spirit are also woven into the practice. Through these practices, a rhythm of unfolding occurs in what Strozzi-Heckler describes as an Arc of Transformation--moving in stages from conditioned tendencies to a new satisfying and fulfilling way of being that is fully embodied.

Contents: Introduction; Chapter One: A Short Distance but a Big Cost; Chapter Two: Coaching; Chapter Three: Somatics and Somatic Coaching; Chapter Four: The Methodology; Chapter Five: The Rhythm of Action; Chapter Six: The Somatic Arc of Transformation

Awakening Somatic Intelligence: The Art and Practice of Embodied Mindfulness—Transform Pain, Stress, Trauma, and Aging offers a guide to Somatic Learning, an innovative body-oriented approach that incorporates mindfulness, visualization, breathing exercises, postures, and stretches.

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Developed by author, psychotherapist, and award-winning songwriter and poet Risa Kaparo, PhD, *Somatic Learning* is based on leading-edge research demonstrating the power of the mind to activate physiological, mental, and emotional healing. Kaparo has successfully used her approach with patients suffering from chronic pain, high blood pressure, and mood disorders including depression and anxiety. Recounting her own struggle with chronic pain, Kaparo begins with a moving description of her journey from crippling pain to renewed health and aliveness. Kaparo introduces the concepts and characteristics of Somatic Learning, a method that grew out of her personal healing experience. Incorporating the latest brain research in mindfulness and neuroplasticity, the book presents breathing exercises; postures and stretches for morning and bedtime; instructions for integrating mindfulness practice into one's daily life; and ways of deepening the practice through touch and caring interaction with others. Enhanced with over 100 detailed instructional photos and illustrations, the book includes inspiring case stories and the author's own expressive poetry that illuminate the healing power of this practice.

A powerful meditation practice for connecting with your body's innate, guiding wisdom. Have you ever had a "gut feeling" about a certain person or situation? Or a sense of intuition about how to respond to a particular challenge in your life? There's nothing magical or mystical about those kinds of scenarios. In fact, our body contains immense wisdom not directly available to our conscious mind, and it is continually communicating to us in the form of bodily feelings, impressions, sensations, corporeal intuitions, and felt senses. However, because most of us are so cut off from our somatic experience, we are quite unaware of this dimension of our body's expression. Although this intelligence may feel hidden

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most of the time, the wisdom of the body can actually be a guide for us in living our lives fully and also in responding compassionately to others. Through a meditation practice called Somatic Descent, Reggie Ray shows us how to connect with our body's intuitive intelligence. In Somatic Descent we see that the body is always showing us what sort of response, direction, or action may be called for at any given time, and can in fact be relied upon as a primary practical resource for decision-making in our everyday life. The book will include links to online audio recordings of the guided meditations to further aid the reader.

Your Body is Listening. Are You? Deepen your spirituality, heal old wounds, and enhance your emotional and physical wellness by engaging in a conversation with your body. This innovative, down-to-earth guide teaches you how to listen to, understand, and work with your body's innate wisdom in everyday living. A Guide to Body Wisdom provides step-by-step instruction on how to create a personalized self-care regimen that works. You'll learn to quiet your mind and live consciously in your body through a variety of practices, including breathwork, mindful eating, meditation, affirmation, and positive habit building. Featuring simple exercises and techniques, as well as a Body IQ quiz, this valuable book helps you end negative thinking, develop intuition, improve relationships, boost creativity and personal power, and much more. Includes a foreword by Judith Aston-Linderoth, creator and director of Aston Kinetics Praise: "While we have learned during the past few decades the importance of emotions and beliefs in health, the body has too often been neglected, or regarded as a mechanical object that sooner or later is doomed to fail. In A Guide to Body Wisdom, Ann Brode gives the body its due by showing how it can function as a source of wisdom and strength in total harmony with the mind.

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Brode's perspective is long overdue, offering a holistic, balanced view of what it means to be human."—Larry Dossey, MD, author of *One Mind* "This book includes a myriad of everyday ways to awaken and experience the body's innate intelligence. It is full of interesting facts, intriguing exercises, and useful strategies."—Risa Kaparo, PhD, somatic psychotherapist, creator of Somatic Learning, and author of *Awakening Somatic Intelligence*

Somatic Voices in Performance Research and Beyond brings together a community of international practitioner-researchers who explore voice through soma or soma through voice. Somatic methodologies offer research processes within a new area of vocal, somatic and performance praxis. Voice work and theoretical ideas emerge from dance, acting and performance training while they also move beyond commonly recognized somatics and performance processes. From philosophies and pedagogies to ethnic-racial and queer studies, this collection advances embodied aspects of voices, the multidisciplinary potentialities of somatic studies, vocal diversity and inclusion, somatic modes of sounding, listening and writing voice. Methodologies that can be found in this collection draw on: eastern traditions body psychotherapy-somatic psychology Alexander Technique, Feldenkrais Method Authentic Movement, Body-Mind Centering, Continuum Movement, Integrative Bodywork and Movement Therapy Fitzmaurice Voicework, Linklater Technique, Roy Hart Method post-Stanislawski and post-Grotowski actor-training traditions somaesthetics The volume also includes contributions by the founders of: Shin Somatics, Body and Earth, Voice Movement Integration SOMart, Somatic Acting Process This book is a polyphonic and multimodal compilation of experiential invitations to each reader's own somatic voice. It culminates with the "voices" of contributing

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participants to a practical symposium at East 15 Acting School in London (July 19–20, 2019). It fills a significant gap for scholars in the fields of voice studies, theatre studies, somatic studies, artistic research and pedagogy. It is also a vital read for graduate students, doctoral and postdoctoral researchers.

A respected teacher presents the core and essential wisdom of Tibet and shows us the possibilities of "enlightenment in this present life" through the meditative practice of Pure Awareness. Perhaps the most precious teaching Tibet has to offer the modern world is the practice of meditation. Reginald Ray presents the essence of this tradition through the somatic practice of Pure Awareness—a unique kind of meditation that is thoroughly grounded in the body and in ordinary experience. This fundamentally transformative practice offers the possibility of enlightenment in this present life and invites us into the immensely powerful journey that Tibetan tantric spirituality has to offer. Includes a link to a free download of audio meditations.

The two-volume Oxford Handbook of Music Performance provides the most comprehensive and authoritative resource for musicians, educators and scholars currently available. It is aimed primarily for practicing musicians, particularly those who are preparing for a professional career as performers and are interested in practical implications of psychological and scientific research for their own music performance development; educators with a specific interest or expertise in music psychology, who will wish to apply the concepts and techniques surveyed in their own teaching; undergraduate and postgraduate students who understand the potential of music psychology for informing music education; and researchers in the area of music performance who consider it important for the results of their research to be practically

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