

Awakening Somatic Intelligence The Art And Practice Of Embodied Mindfulness

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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. 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 ...

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Awakening Somatic Intelligence: The Art & Practice of Embodied Mindfulness. By Risa Kaparo, PhD (Books, CDs, & DVDs available. Click here for more information) Awakening Somatic Intelligence introduces Somatic Learning, an innovative bodymind approach to transformative healing and self-renewal. Developed by author, psychotherapist, yoga master, and award-winning poet and songwriter Risa Kaparo, PhD, Somatic Learning teaches embodied mindfulness through breathing, sensing, movement, and touch ...

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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 developed by author psychotherapist and award winning songwriter and poet risa kaparo phd somatic learning

TextBook The Awakening Somatic Intelligence Understanding ...
yoga and meditation teachers. Her new book Awakening Somatic Intelligence: The Art & Practice of Embodied Mindfulness and its companion DVDs and CDs capture the wisdom of her teachings. A licensed psychotherapist and Somatic Learning® facilitator, Dr. Kaparo practices in the San Francisco Bay Area and by Skype, offering her unique

Offers an approach to healing based on mindful body awareness through breathing, sensing, movement, and touch, intended to help those suffering from chronic pain, stress-related illness, trauma, and mood disorders.

Discussing the roots of Somatic Coaching, this empowering book shows readers how to implement body-oriented somatic practices in order to dissolve habits, behaviors and interpretations of the world that are no longer relevant. Original.

This book brings attention to the interface of psychotherapy and psychological theory with the somatic practices of bodywork and movement therapy. To offer a client only psychotherapy, or only bodywork may subtly or directly reinforce the body-mind split from which so many of us suffer; in some cases this will be a reinforcement of a dilemma central to the client's problems. Hartley views body psychotherapy and transpersonal psychotherapy as building bridges between the once separated processes of psyche, soma, and spirit. Today the emerging field of somatic psychology is also contributing to the expanded field of psychology a subtle differentiation of bodymind process, developed through almost a century and a half of research and practice in somatic therapy and education. Originally trained as a dancer, movement therapist and bodywork practitioner, Hartley continues to use movement and somatic process as an important foundation for her own work. Training in Dance Movement Therapy, the transpersonal psychotherapy of Psychosynthesis, and Process-Oriented Psychology have further deepened Hartley's awareness of the relationships between psyche, soma and spirit, and the need to respond to all levels of experience in therapeutic work.

While knowledge on substance abuse and addictions is expanding rapidly, clinical practice still lags behind. This book brings together leading experts to describe what treatment and prevention would look like if it were based on the best science available. The volume incorporates developmental, neurobiological, genetic, behavioral, and social-environmental perspectives. Tightly edited chapters summarize current thinking on the nature and causes of alcohol and other drug problems; discuss what works at the individual, family, and societal levels; and offer robust principles for developing more effective treatments and services.

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 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., Emicritas 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

Yoga Beyond Belief offers a unique vision of contemporary yoga. It integrates scientific and practical approaches providing a much-needed integrative perspective that complements existing yoga books for all levels and styles of yoga students. Serving up a collection of valuable insights gleaned from a lifetime of exploration, practice, study, and teaching by one of America's pioneering and leading teachers of yoga, the book assists readers in making sense of the many discordant claims and teaching techniques that currently exist in the yoga world, freeing readers to pursue their own individual paths of yoga and personal practice. This is an essential text and reference for all yoga practitioners. The book first sets a context for an open-minded and evolutionary approach to yoga practice, and then explains the core principles of the many branches of yoga. A clear foundation is given for how the physical practices of yoga work to produce remarkable results of health and well being. The chapter Injury, Pain, and Healing shows how to prevent injuries and how to heal injuries should they occur. The reader is given a wealth of sophisticated of tools, insights, and anecdotes gleaned from a lifetime of practice and teaching to develop, hone, and tune his or her personal yoga approach. This book makes yoga come alive for the reader. The book concludes by going beyond the physical aspects to the heart of yoga. It illuminates and gives insight into the discovery of non-dogmatic forms and evolutionary approaches to meditation and spirituality. It presents a clear argument showing the pitfalls of regimented systems and how to make everything in daily life part of yoga practice and spiritual development. Ganga White gives us his unique and creative perspectives on a time-tested discipline for a healthy and vital life. Entertaining and thoroughly readable, this book offers a coherent explication of yoga, its philosophy and practice. White's integrative views will inspire beginners and accomplished yogis to trust their inner wisdom and creatively reassess their practice. He is a great storyteller and gives us his personal and creative perspective, breathing fresh air into an ancient discipline. Yoga Beyond Belief offers an original, integrative approach to body, mind, and spirit that is practical, inspiring, and full of valuable insights to enliven and inform anyone's yoga practice.

"A guide to Core Awareness, an innovative body-oriented approach developed by somatic educator Liz Koch to enhance sensory development and cultivate an innate capacity for expressive movement"--

Applying somatic principles to the Internal Family Systems model A Practitioner's Guide to Somatic IFS introduces a new therapeutic modality that blends principles of somatic therapy--like movement, touch, and breathwork--with the traditional tools of the Internal Family Systems framework. Broadening the benefits and applications of the IFS model, author Susan McConnell introduces 5 core practices that mental health professionals can apply to their practice: somatic awareness, conscious breathing, radical resonance, mindful movement, and attuned touch. Clinical applications include the treatment of depression, trauma, anxiety, eating disorders, chronic illness, and attachment disorders. Within the IFS framework, clients will learn to identify their "inner worlds"--the discrete subpersonalities within each of us that hold emotions, perceptions, and belief systems, and that affect our behavior and emotional wellness. Body-based somatic tools are incorporated into therapy as patients learn to recognize different facets of their internal family and reconcile the needs of subpersonalities--like their inner child or internal manager--to bring more harmony to their physical and emotional well-being.

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.

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. 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.

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