



BODY INTELLIGENCE MEDITATION

Finding presence through embodiment

GED SUMNER

Body Intelligence Meditation Finding Presence Through Embodiment

Kasey Lorimer



Body Intelligence Meditation Finding Presence Through Embodiment:

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invitation to step out of the noise and into the clarity of now Kasey Lorimer offers gentle practices reflections and mindful exercises to help you reconnect with your breath your body and the life unfolding around you With warmth and simplicity this book guides you toward stillness awareness and a deeper sense of aliveness in each day Whether you re beginning your mindfulness journey or seeking to deepen your practice Awaken to Presence reminds you that awakening isn t about striving for more it s about noticing what s already here and learning to rest fully in it **The Embodied Teen** Susan

Bauer,2018-07-17 The first book to offer a somatic movement education curriculum adapted to the unique needs of adolescents Susan Bauer presents a groundbreaking curriculum for teaching teens how to integrate body and mind enhance kinesthetic intelligence and develop the inner resilience they need to thrive now and into adulthood Designed for educators therapists counselors and movement practitioners The Embodied Teen presents a pioneering introductory student centered program in somatic movement education Using the student s own body as the lab through which to learn self care injury prevention body awareness and emotional resilience Bauer teaches basic embodiment practices that establish the foundation for further skill development in sports dance and leisure activities Students learn the basics of anatomy and physiology and unlearn self defeating habits that impact body image and self esteem By examining their cultural perceptions they discover their body prejudices helping them to both respect diversity and gain compassion for themselves and others Concise and accessible the lessons presented in this book will empower teens as they navigate the volatile physical and emotional challenges they face during this vibrant powerful stage of life

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