



Somatic Movement Certification: The Kinēsa™ Process

Feldenkrais®-Inspired Movement System for Pain Relief and Heightened Physical, Emotional & Spiritual Wellbeing

With Body Language Expert & Guild-Certified Feldenkrais® Teacher

Lavinia Plonka, RSME

Somatic Movement Immersion

The Kinēsa Process brings our awareness to every move we make, every action we take, and every word we utter. It will help you communicate more effectively, understand the source of your own pain, physical and emotional. And begin to address what's going on in your life with self-responsibility and self-care, as your spiritual practice evolves in ways you never thought possible. According to Lavinia, there is no more important time than now to cultivate these capacities, because the world is in such dire need of attention, clarity, ease, and elegance. For Lavinia, the most effective way to do that is to **achieve personal mastery**. This is where embodying the seven principles of Kinēsa can be essential. **The seven principles and how do they offer such potent transformation?**

- **Sensation:** The skills of proprioception the unconscious perception of movement
 - Spatial orientation arising from stimuli within the body.
 - Exteroception in the sensitivity to stimuli outside the body, and how you perceive your environment.
 - Interoception the felt experience of the internal workings of the body, such as digestion, breath regulation, emotions, etc.
- **Breath:** The gateway to the self and others
- **Perception:** The way we interpret and integrate our sensory experience
- **Choice:** The freedom to feel, think, and act

- **Power:** The strength and potency to achieve what you want
- **Balance:** Dynamic stability... physically, mentally, and emotionally
- **Presence:** Authenticity and curiosity

CLASS SESSIONS:

All Class Sessions are held Thursdays at 10:00 am Pacific Time

All Integration and Elective Sessions are held on Tuesdays at 10 am Pacific

Unit 1: Your Physical Body: Discovering and Activating Your Personal GPS

During Unit 1, you'll discover:

- How to **develop grace and power** with simple, sophisticated movement sequences.
- A deeper understanding of both **inner and outer balance**
- Tools for **improving flexibility.**
- **Dexterity and precision** in movement and in life.
- The ability to **use your kinesthetic sense** to navigate your life journey.
- How to use **sensation as information** for improved vitality.
- The powerful connection between **sensation, perception and pain.**
- How to experience grounded presence without feeling weighed down.
- The meaning and power of experiential anatomy.

Your Unit 1 Class Titles:

- **Class 1: How Do You Know Where You Are?**
- **Class 2: How Do You Know Where You're Going?**
- **Class 3: Why Do We Try Defying Gravity?**
- **Class 4: Which Comes First, Structure or Function?**

Unit 2: Your Emotional Body: How You Move Affects How You Feel & How You Feel Affects How You Move

During Unit 2, you'll explore:

- How to **become trauma aware.**
- **Easy access** to physical joy.
- Restorative strategies for **reducing stress.**

- More practice in **clearing an unwanted emotional pattern.**
- An introduction to the **Emotional Effector Patterns.**
- A deeper understanding of the **physical components** of emotions.
- How to recognize when your **habits sabotage your sense of wellbeing.**
- The connections between your **brain, nervous system and emotions.**
- Tools for **regulating emotions**

Your Unit 2 Class Titles:

- **Class 1: Who's in charge? How Your Central Nervous System Works**
- **Class 2: Introduction to the Emotional Effector Patterns**
 - **Breath, Posture and Face**
- **Class 3: Identifying Tension & Anxiety Patterns**
- **Class 4: Breath and The Relaxation & Pleasure Patterns**

Unit 3: The Mental Body: Applying Movement Intelligence to Plans, Choices & Goals

During Unit 3, you'll explore:

- Using breath as support for **sequence, pacing and proportion of change**
- How your breath can **influence and improve your mental state**
- Strategies for **clarifying goals** and enhancing memory
- **Movement lessons** that refine planning and execution abilities
- How to develop greater **insight, hindsight and foresight**

Your Unit 3 Class Titles:

- **Class 1: Looking Backward: Memory, Hindsight & Learning to Access Imagination**
- **Class 2: Moving Forward: Planning, Foresight & Timing**
- **Class 3 : Recapitulation: How to Reflect on Your Plan and Move to a New Plan**

Unit 4: The Creative Body: Spontaneity, Reversibility & Just Plain Old Ability

During Unit 4, you'll discover:

- **Movement lessons** that explore the necessity of play and rest for nurturing creativity.
- How to create in the moment **without stress**.
- Strategies for **accessing your muse**.
- Ways to **enjoy the creative process without attachment** to the product.
- The fun of **being in the unknown**.
- The difference between **spontaneity and feeling scattered**.
- **How to be focused** without tunnel vision.

Your Unit 4 Class Titles:

- **Class 1: Compulsion & WORK vs. Play & Permission**
- **Class 2: Improvisation**
 - **Applying Creative Solutions to Physical, Mental & Emotional Challenges**
- **Class 3: Rest & Presence**

Unit 5: The Archetypal Body: Embodying the Four Meta Archetypes for Power, Compassion, Healing & Vision

During Unit 5, you'll discover:

- The importance of understanding the **embodiment of archetypes**
- How movement activates the **Centers of Presence** of the Four Archetypes
- Strategies for **integrating and balancing** the archetypal energies.
- Skills for **employing the archetypal energies** for acting in the world: become the change you want to see.
- The **superpowers and kryptonites** of each archetype and how to use them with intention.
- **Awaken your power center**.
- **Soften your emotional armor** for more compassionate listening.
- The **healing energy** of your hands.
- Strategies for **envisioning your ideal goals**.

Your Unit 5 Class Titles:

- **Class 1: Introduction to the Archetypes/The Warrior**
- **Class 2: The Teacher**

- **Class 3: The Healer**
- **Class 4: The Visionary**

Unit 6: Your Energy Body: Prana, Chi, Spiritus, Ruach

During Unit 6, you'll discover:

- Physical manifestation of the **energetic systems**.
- Movement lessons that restore the **full integrity of the seven chakras**.
- How to **relate the dantiens** to movement of energy.
- The link between **energy and creativity**.
- Identify the **sensory experience** of energy.

Your Unit 6 Class Titles:

- **Class 1: First & Second Chakra/Lower Dantian: Stand Strong & Generate New Power**
- **Class 2: Third & Fourth Chakra/Middle Dantian: Listen to Your Gut & Follow Your Heart**
- **Class 3: 5th & 6th Chakra/Upper Dantian: Think Clearly, Speak Your Truth**
- **Class 4: 7th Chakra: Open Your Crown & Connect**

Unit 7: Your Alchemical Body: Transforming Your Personal Lead Into Gold

During Unit 7, you'll discover:

- How to **connect your roots** to your future possibilities.
- Strategies for **integrating the previous lessons** and connecting them to a higher purpose.
- How to **use your lead as ballast** rather than anchor movement as an **inner alchemical process**.
- **Movement Meditations** that unite your seven bodies
- Sacred movement that **unites spirit and self**.
- How to unify **inner and outer attention**

Your Unit 7 Class Titles:

- **Class 1: Fantastic Voyage: Going Inward to Find a New Relationship to Your Personal Obstacles**
- **Class 2: Re-memembering Yourself: Impartiality, Serenity, and**

(W)holiness

- **Class 3: Metamorphosis: Moving Through the Seven Bodies**