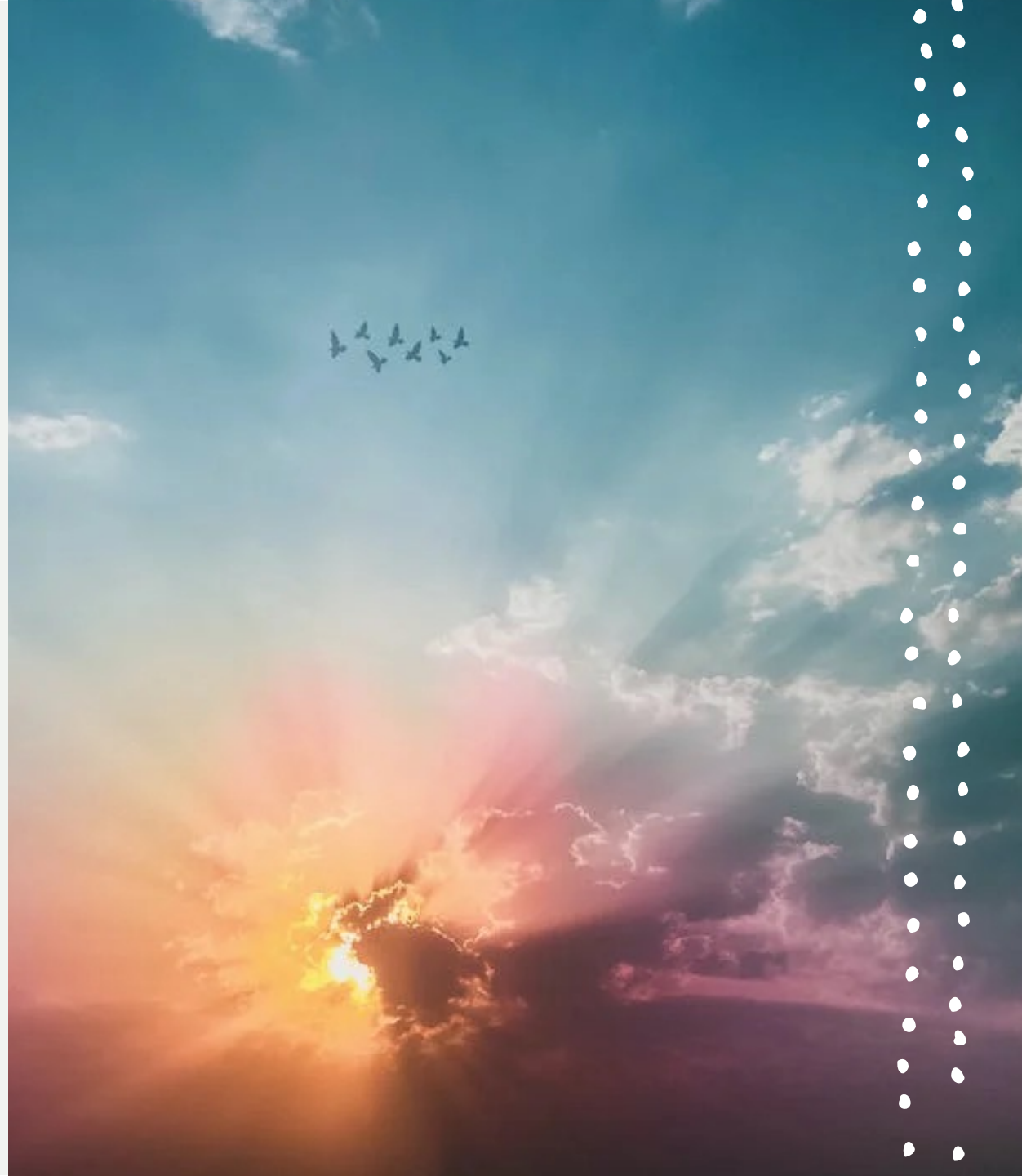


Igniting the Intelligence of the Back Body and Spine

Somatic Principles

- Listening inside
- Honoring
- Exploring
- Comfort and ease
- Slowing down to sense





Somatic Gifts

- Connection
- Wholeness
- Self-regulation
- Self-healing
- Freedom

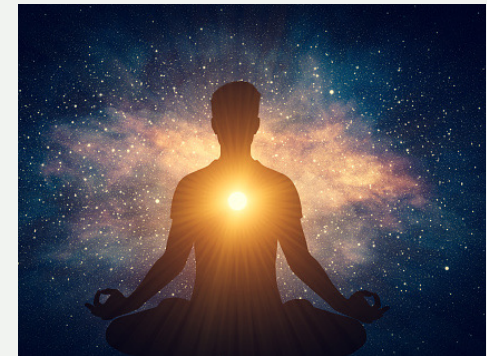
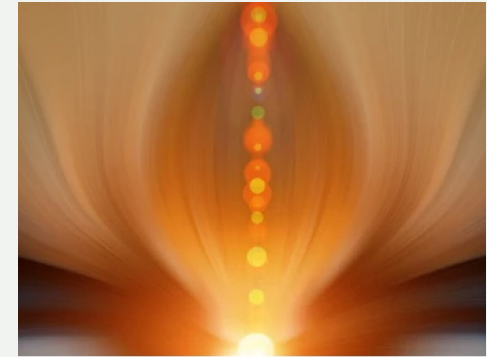
Somatic Self-Regulation



- How we manage and monitor our energy states, emotions, thoughts and behaviors
- How we deal with stressors and maintain balance

Self-Healing

- The Health is always here
- Homeostasis
- Somatic self-regulation promotes self-healing



A flock of approximately 12 birds, possibly terns, is captured in flight against a dramatic sky at sunset or sunrise. The birds are silhouetted against the bright, orange and yellow light of the sun, which is partially obscured by clouds near the horizon. The sky transitions from a deep orange near the horizon to a darker, purplish-brown at the top. The birds are scattered across the frame, with some in the foreground and others further back, creating a sense of depth and movement. The overall mood is one of freedom and tranquility.

Somatic Freedom

- Neuromuscular movement education
- Sensory – motor cortex
- Homunculus – little man
- “Use it or lose it”



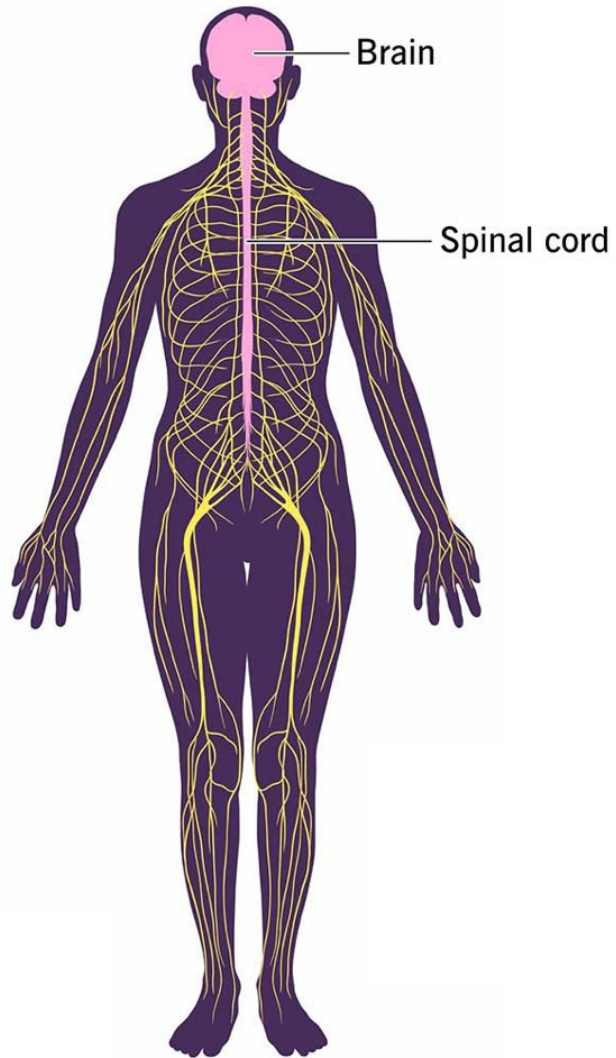


Accessing the Intelligence of the Back Body

- Support
- Shifting from doing to being
- Sensing
- Coming home



Spine and Nervous System

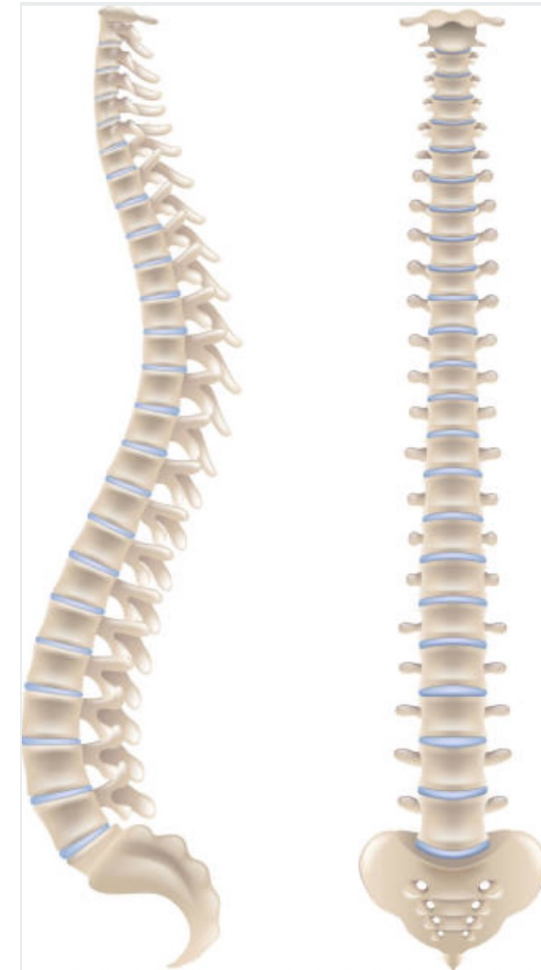


Central Nervous System

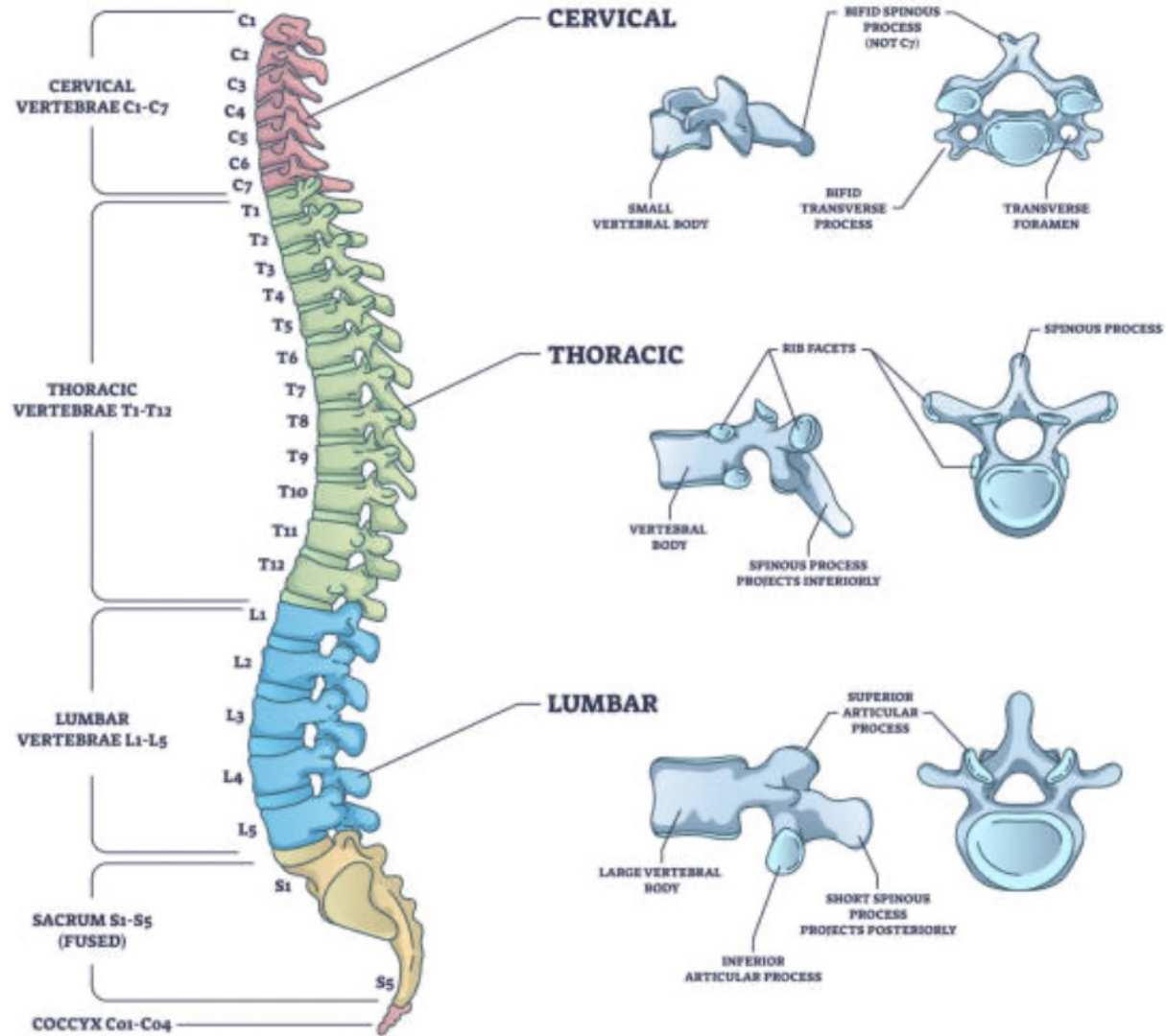
- Brain
- Spinal cord

Peripheral Nervous System

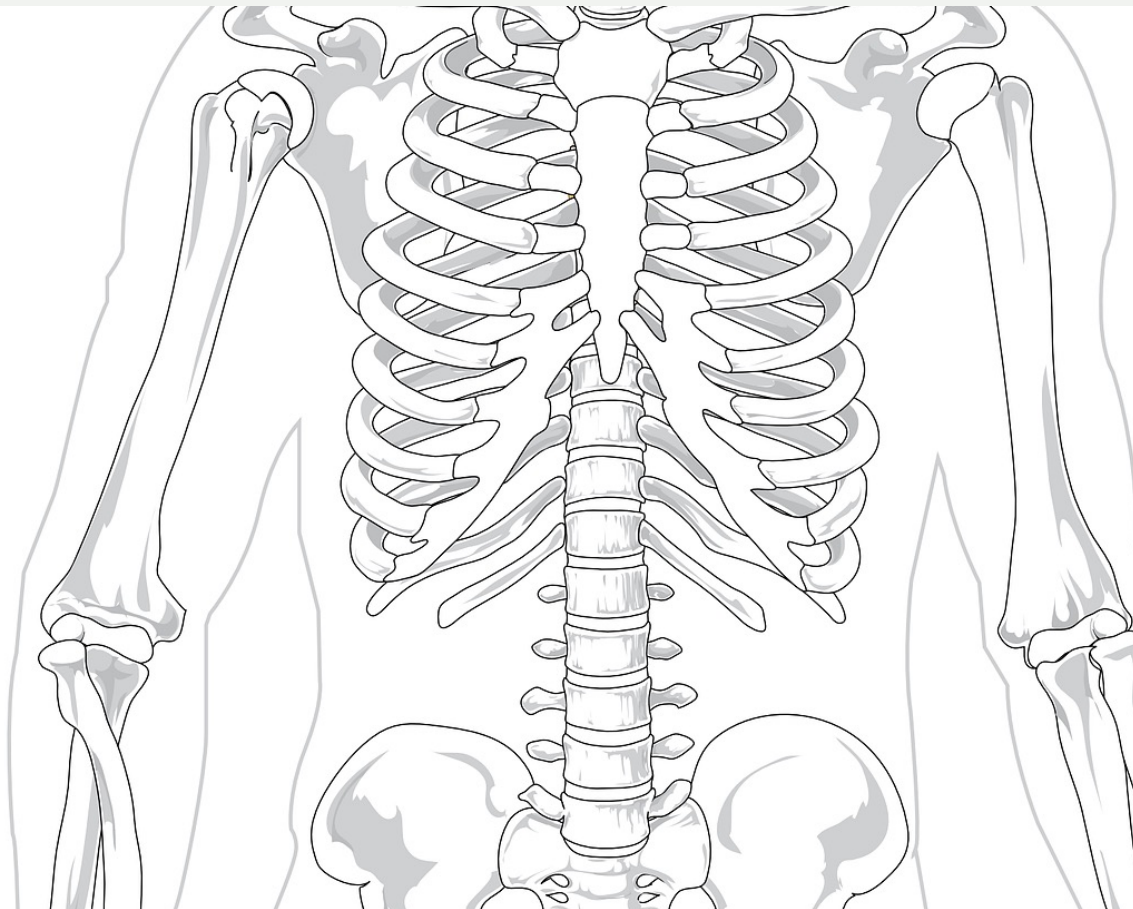
- Spinal nerves
- Cranial nerves



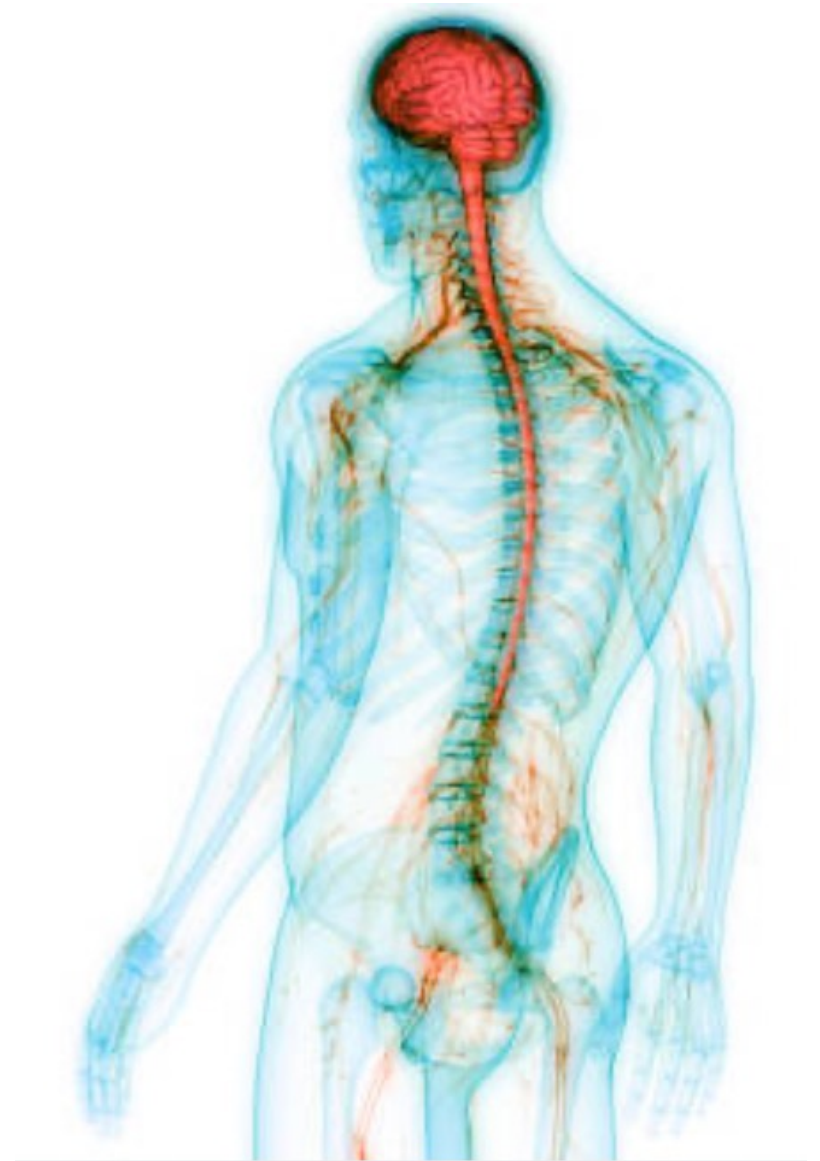
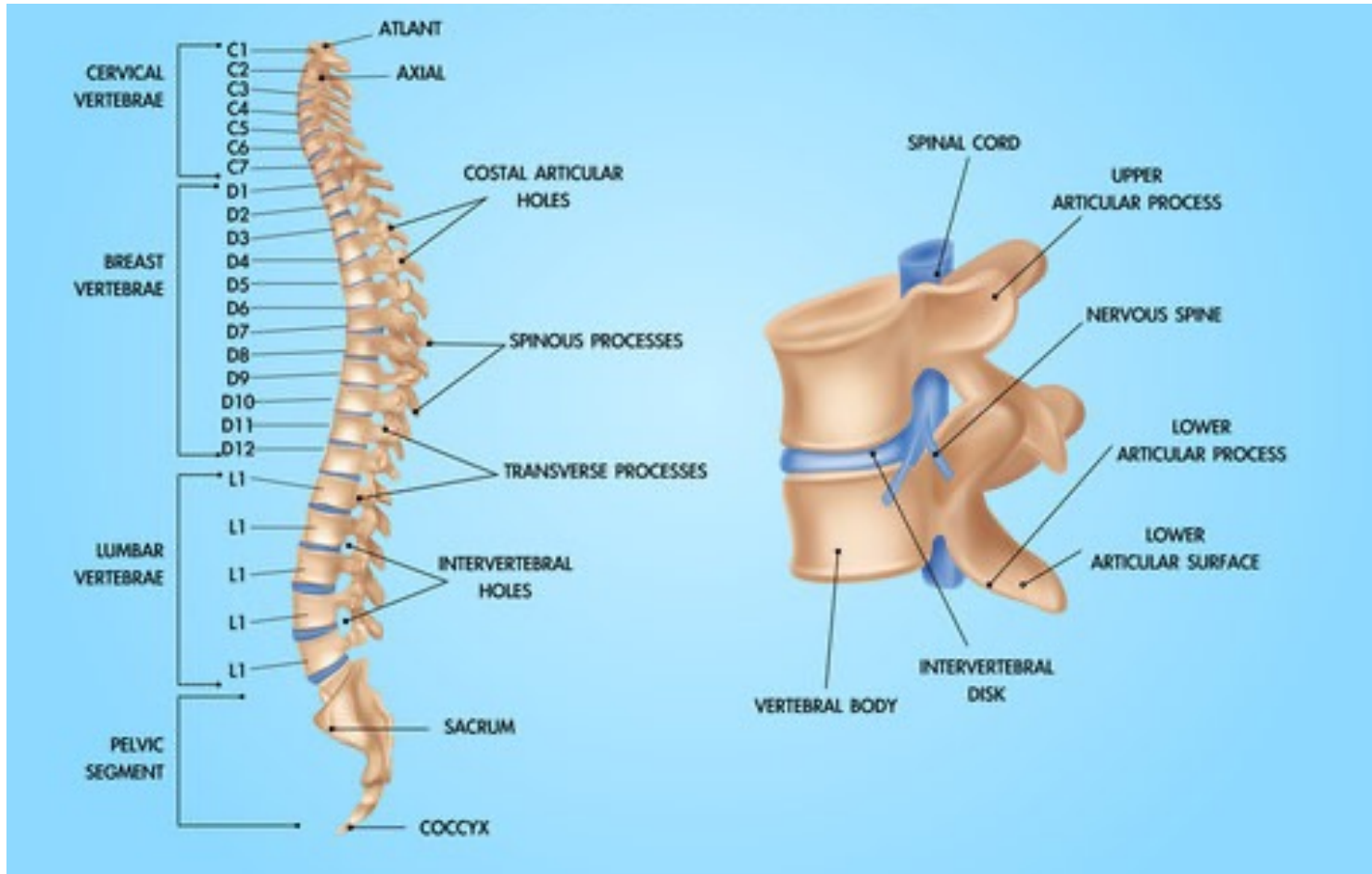
TYPES OF VERTEBRAE



Spinal Structure



Awakening the Spine



Thank You for joining the session

If you have any questions, or would like to share your experience doing the practicum, I would love to hear from you.

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Blessings on your path,
Gayatri Maya Andersson

