



Inner Embodiment - Somatic Experience of the Self

The embodiment of the self is experienced as an individual imprint of our existence. This imprint is created in relation with significant others early and throughout life. Each experience shapes us and leaves a trace in our personal embodiment that creates somatic experience of the self.

We can approach this experience by focusing our awareness inward and relating bodily sensations to various aspects of the self. Through breathing, guided imaginary, re-framing and other psychotherapy techniques, this embodiment imprints are revived and released, therefore transformed. Approaching these deep inner experiences is the essence of a profound personal growth. The inner sense of vitality, emotions, intellect, sexuality or spirituality as different aspects of the self, hold their imprints within the body experience. The way these aspects interact, forms our unique sense of identity. By becoming aware of these imprints within us, we can explore, nourish or further develop various aspects of ourselves. The aim of this workshop is to integrate in the deepest level of experience, by creating a more authentic inner embodiment.



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