

The First Feeling: Embody the Bones

The Skeleton is a place of exile, wandering, temptation, and tribulation. Bones speak to our unconscious allurements in remnants, ruins, ritual, and immanence.

Meditating on how bones paradoxically embody both the personal and the impersonal— at one time, they are our very substance, but eventually, they become our last remnants, anonymous, memorialising oblivion— Bones "draw us elsewhere." To follow their traces beyond the edge of the human is to wander into ageless times and open spaces where everything familiar becomes strange.

The applications for the Embodiment Process:

The tools for the journey of the skeleton embodiment range from naming and categorising the bones and their parts to experiential explorations of touch and movement.

There will also be a yoga asana component.

As you explore the Skeleton, you should expect to appreciate and embody the following ideals, knowledge, principles and story your bones contain and wish to reveal.

Ideally, you will be able to communicate verbally and through touch and movement to other people.

Program

Morning Sessions:

Skeletal Anatomy:

- Be able to identify all the bones in your body
- Understand bone as part of the connective fascial matrix
- Be familiar with skeletal terminology

The Bones of Movement:

- Utilise the design of the skeletal system for both stability and mobility
- Embody lines of connection from the toes to the pelvis and from the fingers to the scapula
- Enhance the equanimity of your joint spaces

Touching the bones:

You will become familiar with the following hands-on practices:

- Mapping the bones with a light touch
- Releasing the bones from myofascial binding
- Compression and release of joint spaces

The morning will include:

- partner work,
- hands-on touch
- safe communication skills
- investigating the bones and principles in asana post-mapping and touch

I will provide guidelines on the following:

- Safe Touch in Partnering
- The relationship between partners
- Comfort
- Safe Communication

Afternoon Sessions:

Gestalt Group Contour

Objectives and intentions of THE GROUP

- We will sit in the group and share our experience of the morning teachings, practice, investigations and discoveries.
- Everyone holds a personal pattern.
- We are inviting a group of individuals to pass through their story, share their story and open up to "what lies beneath".
- The individual can express themselves and the group can find a common expression.
- **Working with experiments** also offers a unique opportunity for YOU to discover and express your feelings and responses.
- **To practise new ways of relating** and to **give and receive support** for their therapeutic journeys.
- They can **practise expressing themselves** and experimenting with new ways of being and behaving.
- They can **give and receive feedback** in a way quite different from the exchange between therapist and client.
- They can experience how they **fall into old patterns of relating and how they bring their expectations of others** (based on the transference of their original family or school relationships) into the present.
- One of a group's most vital advantages is the feedback **members** can give each other.
- Group members have **equal status** and usually have a **contract, to be honest with each other**.
- It can be **enormously influential to receive ordinary, undiluted feedback from peers about the impact one has on the world**.