The Embodiment Conference took place in November 2018 for two weeks. We brought together more than 140 speakers from all over the world, to share their unique approaches to embodiment. We wanted to make the topic freely available, to everybody around the world...and this is what we did with over 15,000 people attending from 90 countries.

Because of the huge bulk of material we recorded we also wanted to distill the core of each session to one essential piece. And this is what we have here - the condensed wisdom of many world leaders in the field. This little book is a collection of top embodied tips from the speakers.

We are all standing on the shoulders of giants in our practice. People who walked the path before us, learned and practiced, explored and developed unique approaches and perspectives on embodiment. Here’s the pithiest of their wisdom, in just one or two sentences. You can’t get embodied knowledge more condensed to the essence than that!

Use this book to get inspired, be curious and explorative, or quote in your own teaching. You could read one a day, or simply open the book on any page and work with what catches your attention.

This is, what some world-class teachers of the conference found out in their decades of practice and exploration to be the most important pieces in their embodiment journey.

Enjoy!

Mark Walsh
Ya‘Acov Darling Khan
Co-director of School of Movement Medicine
www.schoolofmovementmedicine.com UK

“How to sleep well:
If you go to bed or you wake up in the middle of the night, take your thumb at the fleshy part and wrap around your hand and find the pressure where you can feel your pulse. And then count backwards, from ten. Then change hands. After that go to your index fingers and so on. Keep going down through all your fingers, and I can guarantee you will wake up the next morning with one of your fingers in the other hand. Sleep well, so you can dance well.”

Martin Keogh
Founder of “The Dancing ground”,
expert teacher of Contact Improvisation,
author of “Dancing deeper still”
www.martinkeogh.com Canada

“Ask yourself - am I letting myself be held”
David Mooney
Teacher of Movement Medicine Conscious Dance and Mindful movement and psychotherapist
www.embodiment.ie Ireland

“Use simple achievable micro practices that you can do day to day repeatedly”

Kierra Foster-Ba
5 Rhythms Teacher, Body Wisdom Coach
www.shakingspiritwaves.com USA

“When you shake your booty (your hips/pelvic area) lots gets freed up and released. Next time you get stressed let that booty rip and shake it out.”

Rachel Sparks
Latin & Ballroom Dance teacher, Embodiment Coach and Facilitator
www.rachelsparksdance.co.uk UK

“Learn to dance both sides”
Tess Howell
5 Rhythms teacher specialising in dancing out in nature; writer, creative coach
www.wildmoves.org UK/USA
“Feel your feet”

Susannah Darling Khan
Founder and Director of Movement Medicine
www.schoolofmovementmedicine.com USA
“Interoception”
Kat Heagberg
Editor at Yoga International, writer and teacher
www.yogainternational.com/profile/68 USA

“Experience joyful movement every day in some form”

Christopher Wallis
Ph.d. in Sanskrit, author and Founder and head of Tantric Yoga NOW
www.hareesh.org USA

“Cultivate through practice a deep embodiment whereby you not only listen TO the body but also listen WITH the body”
Lisa Petersen
Yoga teacher, therapist, somatic movement educator and embodied anatomist
www.living-yoga.ie Ireland

“Watch your breathing. It is a doorway to be in the present.”

Mayan Patel
Yoga teacher, Embodied Yoga Principles teacher, dancer and creative facilitator
www.mayanpatel.com UK

“Take a couple of breaths”

Per Erez
Director First Person Healing Arts, Yoga Teacher & Therapist, Tai Chi, somatic educator, Butoh dance
www.bareessentialsyoga.com UK

“Support yourself and others to expand masculine and feminine and the places in between”
Tara Judelle
International yoga teacher and founder of Embodied Flow.
www.tarajudelle.com USA

“Anywhere that is your body, you can tune into, feel, and use it as a doorway to know your Self”

Colin Hall
Director at Bodhi Tree Yoga, Indian Mythology and storytelling Yoga.
www.colinhallyoga.com Canada

“Feel your feet”

Vidyadhasa
Senior Embodied Yoga Principles teacher, Buddhist meditation teacher
www.inspiringyogaandmeditation.com UK

“Adapt your practice in advance to how you are now and what you need”
“The shape of your body can either hinder or assist the intention of your awareness. So be aware of what you are doing with your body, especially in important or emotionally triggering moments.”

Joyce Brown
Yoga Embodiment facilitator, Embodied Yoga Principles teacher and coach
www.facebook.com/Wellness-Within-Reach-1433540763581413/ USA

“If you can feel it, you can heal it”

Pilar Corcuera Botana
Gentle movement and therapeutic yoga instructor, EYP teacher
www.elarboldespierto.com Spain

“Hands on belly, feel your breath and ask ‘how do I feel’”
Amanda Brown
Founder ‘Biodynamic Yoga’, Biodynamic Cranio Sacral Therapist, Embodied Arts Facilitator
www.groundofbeing.co.uk UK

“Try to get comfortable with not knowing”

Gina Gonzales
Creator and leader of Ser en Movimiento Somatic Yoga and Movement Program www.serenmovimiento.com Mexico

“Take a somatic pause to ask how do I feel myself in this moment? Pay attention to that voice. And when you have to decide something, ask “are my bones going with me?”

Christopher Gladwell
Yoga teacher and author of Engaged Yoga www.christophergladwell.com UK

“Breathe well”
Roger Walsh
Professor of psychiatry, philosophy, anthropology and religious studies.
www.drrogerwalsh.com USA

“There are always possibilities”

Bence Ganti
Integrally oriented clinical psychologist and internationally known speaker on Integral Theory.
www.benceganti.com Hungary/USA

“I love you all”
Farsam Shadab  
Founder Enaxion, InterEnactive and Integral Commons, Cognitive Scientist and Integral Studies  
www.farsam.live USA

“Find a way to use technology to facilitate your own embodied intelligence, development and training in a way that you couldn’t without it, not meaning through addiction but through augmentation of your practice and development”

Terry Patten  
Integral teacher, coach, consultant, writer and activist.  
www.terrypatten.com USA

“Your body is accessible to your heart. Place your hand on your heart. Breath into and from your heart. Trust that this deeper source has access to the totality of your inherent wisdom. Trust your heart’s wisdom”
"Slow, slow down, to get out of your mind. The way the Zen teacher say it is: Let the thoughts flow through your mind like gold fish but don’t chase them, just let them flow on by and really concentrate on your senses, and your breath. Here is another tip, slow walking, to get aware not just of your body, but to get aware of everything around you. Your body is only an extension of the world."
Charles Eisenstein
Cultural philosopher, speaker and author.
www.charleseisenstein.org USA

“We must understand its more than just a paradigm shift, everything is changing”

David Abram
Cultural ecologist, geophilosopher, author of ‘The Spell of the Sensuous’.
www.wildethics.org USA

“Drop the notion, that there is any division between that which is animate and that which is inanimate and just allow, try on the simple sensation that everything is alive, that everything is animate. Everything moves, just some things move a lot slower than other things. Everything has its agency, its animation, its interior pulse and see what that does to your senses and your felt bodily experiences and the world around you”
Alexandra Vilvoskaya
Business coach, therapist and Tango teacher.
www.body4biz.ru Russia

“Notice your own cultural embodiment and see if you can drop it if not useful in situation or if another one might serve better”

Aki Omori
Somatic Movement Therapist, Trauma Therapist (NARM), Body-Mind Centering Practitioner, Yoga Teacher
www.akiomori.blogspot.com UK

“Slow down”
Jaci Hull
Marriage and Family Therapist, Hakomi Therapist and Trainer
www.jacihull.com USA

“Spend a little bit more time being mindful”

Tom Myers
Author, developer and principal educator of “Anatomy Trains”
www.anatomytrains.com

“Exercise before you get out of bed. Pandiculate”
Don Hanlon Johnson
Founder of the first graduate degree program in Somatics, author of “Bone, Breath and Gesture”
http://www.donhanlonjohnson.com USA

“Pay careful attention to the space at the end of the out breath”

Bibiana Badenes
Physical therapist, somatic educator, Advanced Certified Rolfer and Rolfing Movement Practitioner
www.bibianabadenes.com Spain

“Get familiar with hands and feet”

Liam Bowler
Bodyworker, teacher and host of the body awake podcast
www.dynamicalignmentbodywork.com USA

“Follow what interests you”
Karin Gurtner
Founder of “art of motion”, Contemporary Pilates & Slings Myofascial Training
www.art-of-motion.com Switzerland

“The shape of your body hinders or assists the intention of your awareness”

Carl Rabke
Embodied Life teacher, Feldenkrais and structural integration practitioner and host of ‘Embodiment Matters’ podcast
www.bodyhappy.com USA

“Befriend yourself. Your sit bones and butt can become great friends”

Jude Murray
Inter-spiritual minister, Spiritual Coach, Healthcare Chaplain, Writer, Yoga teacher, Bodywork Therapist and Certified Embodiment Facilitator
www.ceibfhion.blogspot.com

“Stop using perfume (smell yourself ... can be carried to all senses)”
Jan Mundo
Creator of Mudo Method headache protocol, author of The Headache Healer’s Handbook, Master Somatic Coach and Bodyworker
www.theheadachecoach.com USA

“Remember always versus never. Notice what happens in your body, when you’re in wonder vision, versus survival vision”

Tim van der Vliet
Author of “Spiritual Awakening (the easy way)”
www.timvandervliet.com Holland

“Breathe slowly”

Daniel Moore
Structural Osteopath
New Zealand

“It’s not what you do, it’s how you are when you do it”
“Never doubt that all of the resources you have to heal are within you. And if you believe they are externally based, and you seek that, you will not have the same depth or richness of experience as if you trust your own inner light. And to do that in your darkest hour, be it physical or mental, believe you have inside the tools to heal. And remember that healing doesn’t always mean everything gets better. It means that you find peace with any arising conditions.”

Heather Mason
Founder of the Minded Institute and director of the Yoga and Healthcare Alliance
www.themindedinstitute.com UK/USA

Prof. Helen Payne
Dance movement psychotherapist, Professor of psychotherapy and researcher
www.bit.ly/2QelpL UK

“Cultivate your authenticity”
Ariana Rabinovitch  
Yoga teacher, author and movement specialist.  
www.arianayoga.com USA

“Be body optimists”

Albert Wong  
Associate Professor, Somatic Psychology, JFK University  
www.somatopia.com USA

“Be gentle to your body, and yourself”
Amber Elizabeth Grey
Human rights psychotherapist, dance movement therapist, continuum teacher and originator of restorative movement psychotherapy and co-originator of polyvagal-informed movement therapies
www.restorativeresources.net USA

“Bare feet as much as possible”

Betsy Polatin
Alexander Technique Master Lecturer, Somatic Experiencing Facilitator and author
www.theactorssecretbook.com USA

“Don’t just learn about things, you have to do something to make it work”
Dr. David Berceli  
Creator of Trauma Releasing Exercise (TRE), Psychotherapist and therapeutic Bodywork  
www.traumaprevention.com USA  

“It is really about reducing stress in no matter what form or degree it comes in - because trauma is nothing but a very severe form of stress in my opinion - it’s on a continuum”

Andrea Wandel  
Health practitioner, body oriented trauma work and componist  
www.andrea-wandel.com Germany  

“Take time to sense the place you are in”

Marcella Widrig  
Founder of Fierce Embodiment  
Healing trauma through movement and bodywork www.fierceembodiment.com USA  

“Expand your Breath and you will shift the dynamics”
Constance Clare-Newman
Alexander Technique teacher and Somatic Movement Educator
www.constanceclare.com USA

“We are practicing all the time and we can do it consciously/intentionally or not. Until it becomes embodied”

Peter Appel
Yogi, dancer, writer and somatic inventor, Founder of Movingness and Body Mind Love
www.movingness.com Finland

“See your body and your mind as instruments that you can learn to play, not just to master them, but just because of the joy of playing them”
"Understand that we have three different domains: sensations of the body, emotions and feelings, and thoughts and perceptions. And if we can have a sense of differentiation between these three areas, then we can be badass in relating."

Irene Lyon, MSc.
Nervous system specialist and neuroplasticity healing expert
www.irenelyon.com Canada

“We are all part of it. Everything you do to go forward and heal is helping the planet to be less polluted.”

Damien Bohler
Founding member of Triibe
www.your.triibe.earth NZ

“Stay humble”

Tom Weksler
Dancer, choreographer and founder of Movement Archery
www.motionimpulse.com
Dr. Martha Eddy
Somatic Movement Therapist, Teacher of Body-Mind Centering® and Certified Movement Analyst with a doctorate in Movement Science.
www.drmarthaeddy.com USA

“Follow the sensations in your body especially around the emotional experiences you have and with a friend or relative, see if you can follow the somatics and feel enough to know and then dare to ask for what you need”

Ann Rodiger
Alexander Technique Teacher and Founder and Director of the Balance Arts Center
www.balanceartscenter.com USA

“Pay attention to your field of awareness and your sensory suit. So that you can sense yourself in relation to your environment and stay with yourself in that process”

André Duarte
30 years of experience in african-brazilian embodiment celebrations, holding spaces of reconnection with our own potential for creativity, empathy and peace Brazil/Switzerland

“Look more carefully into the African descent embodiment traditions”
Josef Fruecek
Founder of Fighting Monkey Practice
www.fightingmonkey.net Czech Republic

“I don’t know”

Karen Studd
Movement analysis, dance educator, teacher of LBMS and author
www.everbodyisabody.com USA

“When in doubt, rotate. Anything to take a different perspective”
Amy Matthews
Body-Mind Centring teacher, movement therapist and Yoga teacher
www.embodiedasana.com USA

“Do less and trust yourself/your cells”

Gary Carter
Yoga anatomy teacher for yoga and pilates teachers.
www.naturalbodies.co.uk UK

“Stopping, being still and listening”
Linus Johansson
Physiotherapist, educator and author
www.somamove.com Sweden

“Curiosity, never stop being curious”
MEDITATION

Martin Aylward
Buddhist meditation teacher and co-founder of Mindfulness Training Institute
www.martinaylward.com

“Don’t leave your self, inhabit your experience”

Miles Kessler
Aikido and meditation teacher, Integral practitioner
www.theintegraldojo.com Israel/USA

“Embodiment is an inside job, so turn in and you continuously discover who you are. And then allow your embodiment to be an expression of that”
Jessica Graham
Sexual and spiritual activist, meditation teacher, sex and intimacy guide, author of Good Sex: Getting Off without Checking Out
www.yourwildawakening.com USA

“Find what feels good in your body and focus on that and that will open up a whole new world”

Neil McKinley
Senior Teacher in the Dharma Ocean lineage.
Somatic meditation
www.neilmckinlay.com USA

“Practice. Do it! Either formal or on the spot. And between the two, I think it goes a long way”
COACHING

Fiona Buckland
Leadership coach, Co-Active life coach, organisation and relationship systems coach
www.fionabucklandcoaching.com

“Have a cue to remember your body daily”

Neil Urquhart
Neil helps teachers, trainers and coaches get paid for the value they actually deliver
www.neilurquhart.com

“Relax the belly when you do sales”
Doug Silsbee RIP
(1954 - 2018)
Founder of Presence-Based Coaching, author and leader in the field of leadership development and resilience
www.presencebasedcoaching.com

“You never know how long you’ve got, none of us know how long we’ve got... so do what matters - play where it counts”

Curtis Watkins
Comprehensive coach for executives, trained stage actor
www.curtiswatkins.com

“Be lovingly curious with yourself and others”

Aboodi Shabi
Executive coach and leadership development consultant
www.aboodishabi.com UK

“Keep practicing and check in regularly with your body”
**Mark Walsh**  
Embodiment trainer and Founder of Embodied Facilitator Course  
www.integrationtraining.co.uk UK

“Practice awareness and choice”

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**Gonzalo Cordova**  
Executive coach for the synthesis of body, mind and spirit for powerful leadership presence  
www.gonzalocordova.com Mexico/USA

“Look at the obvious. The obvious is one of the things that we overlook the most, like you are alive, you can see, you can feel, you can sense, you can breath. Look at the obvious and you will excel.”

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**Dylan Newcomb**  
Lead researcher and trainer of UZAZU, purpose coach  
www.dylannewcomb.com USA

“In any situation notice your embodiment and unhook”
Jullie Esse
Interpreter, language teacher and LGBT activist
Russia

“Look up”

Chris Brown
Trainer, Facilitator, Embodied Coach, LGBTQ Inclusion
http://www.chrisbrown.uk.com
UK

“Come home to your body”

David Martinez
Creator of the imBODIED method and certified Somatic Coach
www.imbodied.co
USA

“Direct experience is the medicine”
Maud Raber
Executive and team coach, and management consultant
www.embodied-potential.com France

“Center! As often as possible, with and without challenge, to build your self-regulation muscle. Try out multiple centering techniques, and find the ones that bring you back best to your embodied potential.”

Russell Delman
Founder of the Embodied Life School and Feldenkrais Method trainer.
www.russelldelman.com USA

“Be grateful. Ground. Sense around & breathe. Core practice”
LEADERSHIP

Wendy Palmer
Founder of Leadership Embodiment, author and practitioner of Aikido and Mindfulness for 48 years www.leadershipembodiment.com USA

“Let’s do it, let’s just uplift a bit more as we inhale, and then let’s soften and think of something that makes you smile, and then just let yourself radiate out and feel yourself expanding and then invite inspiration to come through you and open yourself to wisdom, compassion, confidence, courage. Because it is there, and if we open ourselves, it comes through.”

Joel Levey
Co-founder of Wisdom at Work and The International Center for Corporate Culture and Organizational Health at InnerWork Technologies, Inc www.wisdomatwork.com USA

“Light your body up in all of its dimensions with your awareness”


**Joseph Riggio**  
Cognitive scientist, speaker and transformational change artist.  
www.josephriggio.com USA

“Growing up in the jungle you don’t need that stuff, there’s plenty of stuff to let you know you’re alive”

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**Ginny Whitelaw**  
Zen master, leadership expert and founder of the Institute for Zen Leadership  
www.zenleader.global USA

“Work your breath, let your breath sink into the abdomen, breath and body moving as one”

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**Bebe Hansen**  
Principal of Presence-Based® Coaching, coach trainer and leadership coach, yoga and meditation practitioner  
www.presencebasedcoaching.com USA

““Everything can be taken from a man but one thing: the last of human freedoms - to choose one’s attitude in any given set of circumstances, to choose one’s own way” - quoting Vicktor Frankl”
Mac Macartney
Leadership coach, nature-based spirituality, author of The Children’s Fire, founder of Embercombe
www.embercombe.org UK

“If you can find a place to make a little fire and sit by it, and understand how that fire has saved and served the lives of countless people that brought you here. Sit in a dark room by a candle and feel deeply the sacredness of the fire”
CREATIVITY & IMPROVISATION

Jamie Catto
Creative catalyst, musician, mischief maker and author of Insanely Gifted.
www.jamiecatto.com UK

“Turn attention inside the body to what sensations are suddenly arising before deciding or saying anything”

Dave Rock
Yoga teacher, author and movement specialist.
www.flowspeaking.com Ireland

“Find time everyday to allow your body to move in the freakiest way possible, without effort and stress, just let your body guide you and be how weird it wants to be”
John Cremer
Award winning speaker and improvisation trainer
www.johncremer.co.uk UK

“Feel your feet on the ground”

Rachel Blackman
Artistic Director of Stillpoint theatre, actress, body worker
www.stillpointtheatre.co.uk

“What is this moment that is happening now?”
Paul Linden
Aikido teacher and founder of Being in Movement and embodied peacemaking
www.being-in-movement.com USA

“Pay attention to your body as you move and act”

David Weinstock
Founder of Somatic Consensus, international Nonviolent Communication trainer and Aikido instructor
www.liminalsomatics.com USA

“Every day, ask your whole self the question, “What do I deeply care about?” and then feel it, articulate it, rediscover it, mean it, fill yourself up with it, and bring that into whatever you practice”
Stephen Kotev
Expert facilitator for conflict analysis and resolution and conflict coach.
www.stephenkotev.com USA

“Pay attention 'what am I doing?' coming back to self and remembering”

Ron de Brito
Co-Active Life coach working with Embodiment and Non-Violent Communication
www.essencetransformation.co.uk UK

“Take space, feel the feelings, allow it all to be there”
Paul Linden
Aikido teacher and founder of Being in Movement and embodied peacemaking
www.being-in-movement.com USA

“In an hospital in NY they found out that when you stop breathing, you are dead”

Derek Notman
Founder of 12 Rivers Internal Arts, Embodied learning through classical education in traditional arts
www.12riverstaichi.com USA

“Hold the finger meridians”
Roma Pijlman
Embodyed Karate Teacher, Life coach and
Mindful Business Coaching
www.tech-sensei.eu Netherlands

“Breathe”
INTIMACY & RELATIONSHIPS

Adam Wilder
Founder of Togetherness festival
www.wilderintimacy.com

“Really communicate fully and authentically, even notice what you really wanna say, even if you don’t say it. Get in touch with yourself”

Gayatri Claire Beegan
Sacred Sexuality practitioner, and Founder of Tantra Massage training
www.gayatribeegan.com Czech Republic

“Bring awareness to when you touch yourself”
**Michaela Boehm**
Teacher, counselor and expert in intimacy and sexuality
www.michaelaboehm.com

“Move”

**Roma Norriss**
Parenting Consultant.  
www.birthingabetterworld.co.uk  
UK

“Find an outlet for all the feelings you are accumulating and get some emotional hygiene going, ideally in connection with another human.”

**Kirstie Seaborne**
Founder of Embodied Parent Education, Compassion Fatigue Educator and Leadership Embodiment Coach  
www.embodiedparents.com  
UK

“Drop the stress & you minimize the behaviours”
**Jane Dancey**  
Yoga Teacher, Embodied Wellbeing Coach, Rites for Girls Facilitator  
www.janedancey-yoga.co.uk  
UK  
“Keep feet and seat before you speak”

**Rani Michelle**  
She is a conscious sexuality and intimacy guide, a Dancing Eros facilitator and the Creatress of Embodied Bliss  
“Breath connection”

**Ruby May**  
Co-Founder of Authentic Eros: Creating New Culture. International facilitator specialising in conscious relating and embodied leadership for women  
www.alchemy-eros.com  
UK  
“Let your mind to be in service of your heart and leading from the heart space.”
INTIMACY AND RELATIONSHIPS

Roger Kuhn
Somatic Sex Therapist, social and sexual justice activist
https://bit.ly/2HQo58y USA/Germany

“Find what moves you and live it to the fullest”

Annie Brook
Body psychotherapist, author, co-owner of Colorado Therapies
www.anniebrook.com

“Pause!”

Jason Digges
Co-founder and Course Leader, Authentic Relating Training International
www.authenticrelatingtraining.com

“Slow down and get curious”
“Notice where you are in contact with the ground, perhaps notice gravity, your weight, and you allow the ground to move up to you. Ground carries. ”

“Next time you eat, before you eat, take a moment to tune in. Notice physical sensations, thoughts and emotions, that come up about what you are about to do”

“Get clear what you want in life”
And finally Special Thanks to the core team and all those who helped make the Conference possible!

Mark Walsh who envisioned this endeavour.
The Conference management team of Daniela Welzel and Arabella Smirnovka who organised and held it all together.
Vidyadasa Andrew Griffith our amazing web designer.
Matt Shearing for his design of the logo, pics and so much more.
Christina Dohr and Tom Burden who jumped in to host when we ran out of men and women power and all the many volunteers, technical and track hosts and supporters, without whom all of wouldn’t have been possible.

THANK YOU!!!!