

# The Embodied Thread

Integrating Imagination and Precision in Movement Practices and Bodywork

Lizzie Reumont. Oct 15 2020 The Embodiment Conference

# Key Themes

## **These times are urgent, we must slow down**

### **Bayo Akomolafe**

As movement teachers, practitioners, bodyworkers and humans, we are operating under the construct of time. This can be a constraint, or a muse. Learning to use time creatively allows us to make friends with it!

Pacing, using imagination (the faculty of forming new ideas, images or concepts that might not already be consciously present to the senses or physical form, is one way of handing over ownership/autonomy/responsibility to empower the student/client of their own experience, and being skilful at intervention are key elements, and allowing the completion to be as important as the beginning.

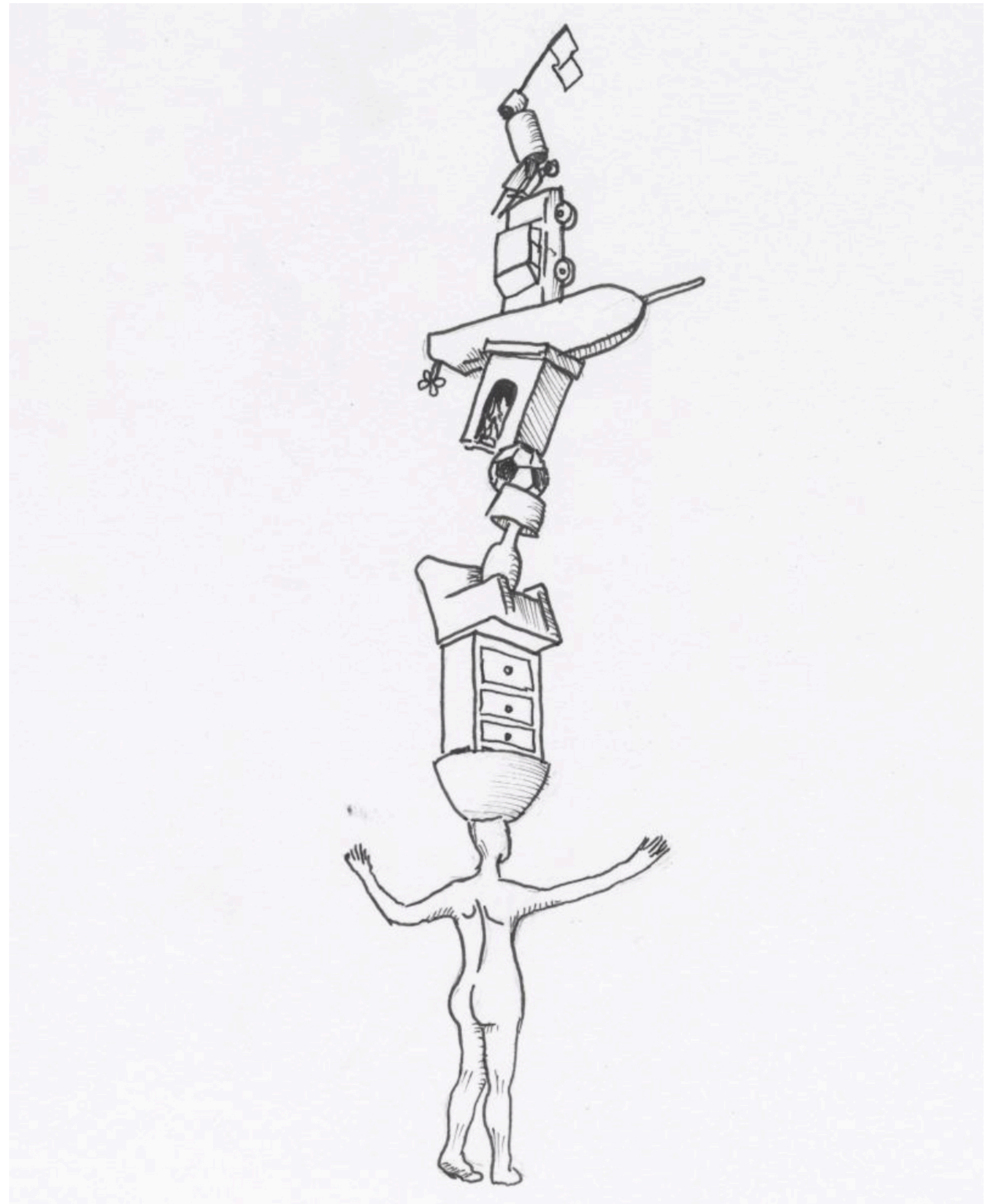
Over the progression of time, the threads of imagination lead to ‘key point’s of experience”, whether that is a skilful action created through muscle/balance, or an intervention, in terms of bodywork...Imagination can be a linking mechanism between working globally and acting locally.

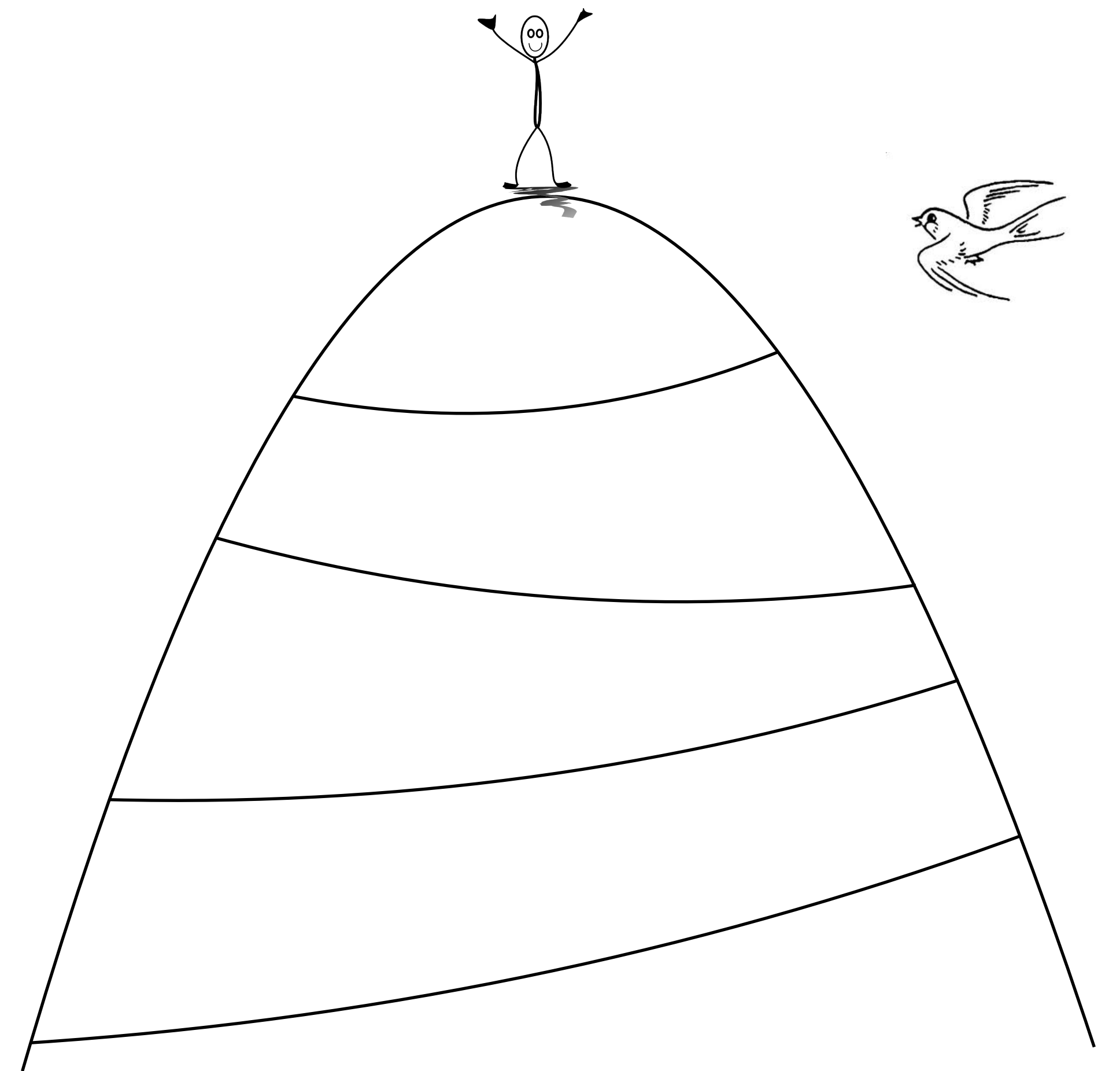
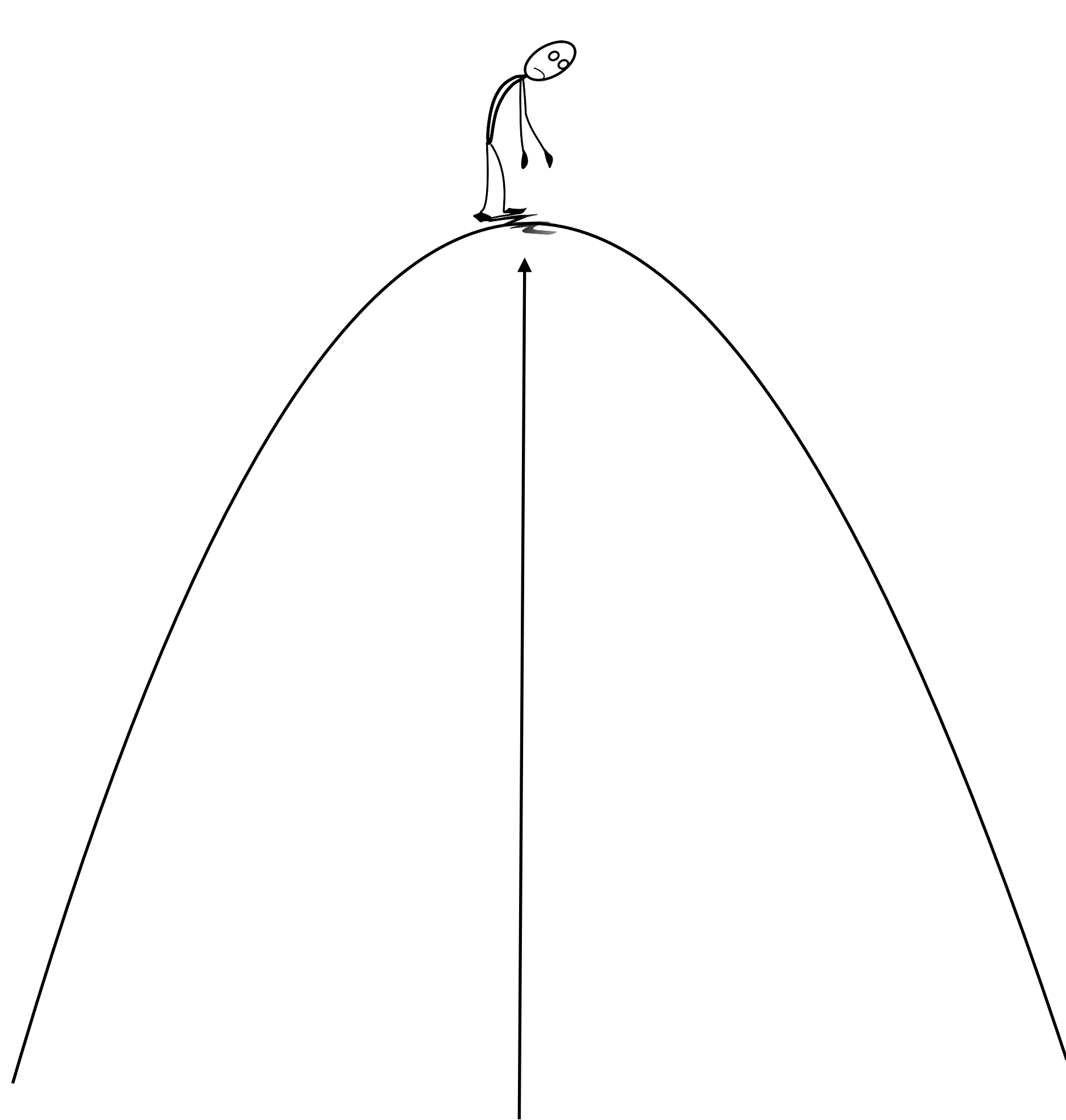
Using imagination to help create a relationship of trust and shared partnership is essential for dismantling the robotics of many of the modern movement / ‘fix it’ bodywork mentality found in studios and clinics today

# David Byrne

**He drew how many of us feel.....**

**Remember, you never know  
what someone else is carrying  
on their shoulders...and  
Only they know when they  
are ready to let it go (or fall)**



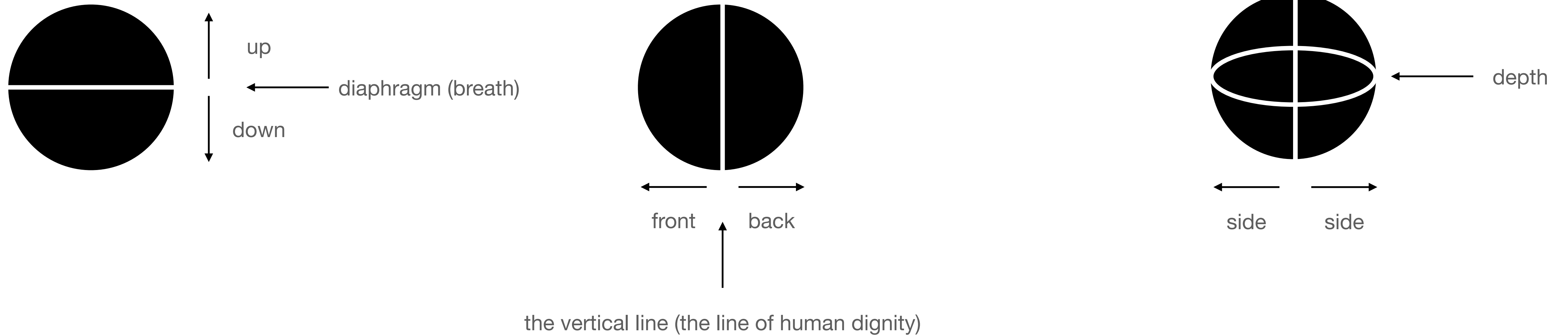


## A reminder

**The fastest way is not always the most efficient.  
Think more like a tortoise.**

# Protocol of bodywork (embryological)

## 4 planes of the body



# Vertical line: the line of human dignity

# The protocol of iteration

**Orienting** - giving someone a chance to arrive to the environment / to their body - without this, how can we know where we are heading?

An invitation to deepen and connect to the faculty of breath

**Experiencing** the 4 planes of the body (down, up, front back, side to side)

The river of the vertical spine - the line of dignity (no other species has a outward facing heart)

**Becoming aware of the whole body....**

**Getting to the work at hand** - action / intervention

**Closing the process...**

Skilful Action/intervention

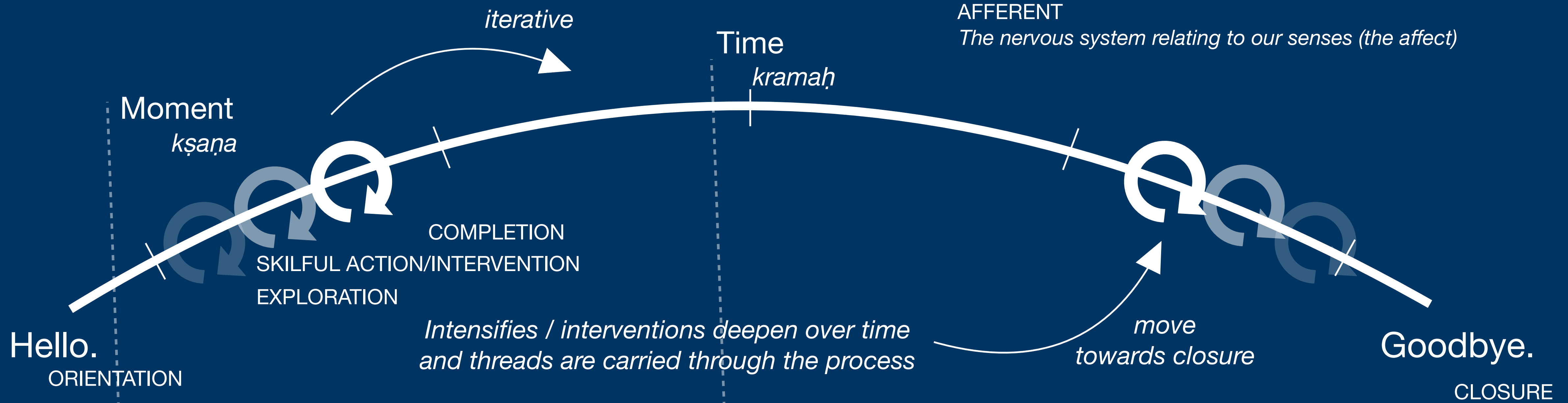


# Skilful Action/intervention

EFFERENT  
*The nervous system relating to effort*



AFFERENT  
*The nervous system relating to our senses (the affect)*



Moment  
*kşana*

Time  
*kramah*

Hello.  
ORIENTATION

SKILFUL ACTION/INTERVENTION  
EXPLORATION

COMPLETION

*Intensifies / interventions deepen over time  
and threads are carried through the process*

*move  
towards closure*

Goodbye.  
CLOSURE

*Action  
intervention  
apex  
pivot point*

*Implies pace,  
Progression,  
Restraint/containment;  
also a beginning, middle and end*

# Takeaways

**Movement/bodywork both offer a framework for empowering positive change: physical and emotional**

**Both need that time-based framework to act as a restraint for physical/emotional release/reset**

**Feedback loop: orienting, exploration of boundary/territory, moment of action/intervention /closure**

**Both have criteria that holds in tension the relationship between effort and awareness (efferent / afferent) gravity/lift; front/back; content/container**

**We need to learn to use indirect actions (exploration/imagination) fluidly to lead us into more direct action, which imagination can support, and fluidly close those peak experiences with time and care.**