



Dance of the Mind and the Body  
Presented by Dalien of 13 HANDS/NOMADYOGA  
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Friday, May 30, 2008 1:00 PM–2:30 PM

- Intro, greetings, salutations and acknowledgements
- Experiential exercise (sound, compliments, bracelets, etc.)
- Preface—"the seeker," experiential learning, perspective
- Recipes for Beef Wellington (just kidding)
- Brief background on Dalien, two-minute overview on healing journey

### **Life Is a Dance**

We are in constant motion. The material world pulls us out of balance; distracting at times, fantastic at times. Learning to navigate through many physical, emotional and environmental stresses to rejoice in the good things.

### **Everything That Is Organic In Nature Has a Frequency at Which It Resonates**

- Study of brainwaves advancing our current understanding of the mind/ body relationship
- The secret
- Effects of sound, i.e.: lowering blood pressure, enhances mood
- Meditation

### **Mental, Physical and Cellular Memory**

- Past memory stored in different areas of the body
- Physical structure, posture, skin
- Repression/denial
- Anger, grief, shame, sadness, fear
- Other examples: public speaking, relationships, addiction

### **Your Body Has a Mind of Its Own...or Does It?**

- Organs feel emotion
- Organs do more than just receive messages from the brain, neurons receive and send them back to the brain
- Muscle expansion vs. contraction: flexible body, flexible mind and spirit
- When specific systems or an organ function is out of balance, a sort of revolution is staged. (Cry for help and attention)
- Stomach—reacts to issues regarding self-worth, willpower, control, ego
- Colon—major survival organ that releases and waste and poison (parallel to life) ☺

### **The Wonderful World of Triggers**

- Verbal—let's not forget e-mail
- Body language
- Environmental, media, social—trigger self-esteem issues
- Emotional—examples: Dr. Emoto's work, high school, William's work

### **The Body from the Yogic Perspective**

- The Chakras: Root, Sacral, Solar Plexus, Heart, Throat, Third Eye and Crown

### **How to Start Digging Deeper, Dance More and Integrate Stress Management**

- Dance, yoga, martial arts, breathing-based physical exercise, shamanism, implementation of passive approaches, massage, inner child work, sound meditation
- We pace the dance of life by pacing our central nervous system and by respecting the body and mind's needs first

### **The Long Term Power of Yoga**

- Clarity of self
- Body and mind in balance

### **Social Responsibility of the Teacher**

- To embrace the commitment to our own self-growth, personal health and fitness, so we may compassionately assist others in their journey into embracing positive and healthy lifestyle practices.
- The dance of giving and receiving, and giving to oneself and knowing you're worth it!

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