



## Jen Esquer: 7 Painful Myths You've been Told About Your Body (And The Ache-Free Truth)



Jen Esquer, PT, DPT, is an internationally-renowned physical therapist and founder of two transformative programs, The Mobility Method and The Optimal Body. She has been featured in numerous magazines and has been named in the Top 50 Most Influential Healthcare Professionals. She co-hosts the Optimal Body Podcast. In this session she strives to make awareness of the body SIMPLE and shares how and why **tuning in and listening** to the body is crucial. Her number 1 goal is to empower individuals with the tools to search within, so her followers do not need to keep sourcing their answers externally. Instead, they can find answers internally through heightened awareness of their own bodies.

**TOP EMBODIMENT TIP: Ask yourself “What am I grateful for, and why?” amidst every movement.**

### External Conversations and Internal Conversations

- External conversations relate to epigenetics - the ability to change the function of our genes. New research shows that 95% of our gene function can be changed, and only 5% is fixed. We do have power to change the genes we were born with.
- Internal conversations relate to what one is interpreting, based on the external factors in place. For example, someone once told me I was ugly, so now I fear showing my face. This type of internal conversation can create anxiety and cause much suffering, but is **internally imposed**. Changing the internal dialogue just slightly on a day-to-day basis can lead to massive shifts and change both internal and external environments. Understanding the internal conversation is crucial to lasting change.

### Listening to ourselves

- Our own wisdom is valuable and is worth listening to. To listen to our bodies, we must first **clear the gunk of the mind with the breath**.
- We must learn how to turn our parasympathetic system ON to improve mobility, turn down pain, FEEL and HEAL.

### Resources

- ❖ **Website:** <https://www.docjenfit.com/>
- ❖ **Social:** [@docjenfit](#), [Facebook:docjenfit](#) and [Youtube:docjenfit](#).
- ❖ **References:** [Coregeous Ball](#)



All Movement & Anatomy Presentations are Proudly Sponsored by [Gil Hedley](http://gilhedley.com)



*gilhedley.com*

*Dedicated to exploring inner space™*



**Gil Hedley, Ph.D.**, is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

**Integral Anatomy** is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to [www.gilhedley.com](http://www.gilhedley.com) and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?



**Recordings**

Lifetime access to sessions to watch as you please. Video and audio-only options.



**Cheat notes**

Notes on each session to highlight key takeaways and fast-track your learning.



**Bookmarks**

Bookmark your favourite tools to jump back whenever you need them.



**Learning lists**

Bite-size lists to help structure and guide your learning.



**Recommendations**

Find new teachers and discover topics personalised to your tastes.

**Get lifetime access now**