



Yemaya Renuka Duby: Mourning: A Path to Freedom



Yemaya Renuka Duby is a somatic therapist trained in the Rosen Method and has trained in Zen Buddhism, yoga, ayurveda and 5Rhythms dance. She has spent 30 years understanding and focusing on healing people suffering from the adversity of childhood trauma. She also set up The Embrace.Life programme in 2018 - an online platform offering a 3-month programme and one-to-one mentoring bringing together her wealth of experience.

TOP EMBODIMENT TIP: Turn to your breath, it's all in your breath, then stretch and dance!

Adverse Childhood Experiences:

- Yemaya's work is focused on addressing the impact of A.C.E.s on the body and the immune system which become damaged by toxic stress and trauma.

Trauma's Effect on the Body:

- We use our muscle system to cope with trauma and hold it in until the body is able to cope and release the trauma.
- **When we hold our emotions, they become our physical positioning.**
- The restrictions on our physicality as a result of holding emotions limit our freedom to express ourselves fully and authentically in the present, as we are still reacting from our stuck positions.

How Do We Move From Mourning to Embodied Freedom?

- Reclaim your power, forgive yourself and others, have self love, use what you have learned to teach others, and bring yourself back to connecting and belonging.

Steps to Healing:

- Release what you have been holding by finding healers/therapists to allow you to release and let go of held emotion, trauma and pain. Martial arts can help to release anger and laughter can help mental restraint.
- **Restructure and realign yourself through developing self-discipline with practices such as yoga, mindfulness and self care.**
- Do presencing - be willing to be with feelings and give them a physical expression instantly so they can be released out of the body and you can be fully in the present moment.

Resources:

- ❖ **Courses:** [Life Mastery Programme](#) [From Grief to Love; Trauma to Freedom.](#)
- ❖ **Website:** [The Embrace; Mentoring To The Heart Of The Matter.](#)
- ❖ **Social:** [Facebook: Yemaya Renuka;](#) [Instagram: Yemaya Renuka.](#)
- ❖ **References:** The Deepest Well by Nadine Burke-Harris, Marion Rosen - The Rosen Method of Movement



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Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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