



Nuria Boward: Alignment: Listening to the Rivers of Gravity



Nuria Boward is a lifelong dancer/performer, Rolfer, Certified Axis Syllabus Teacher and Capoeirista with a lifetime full of curiosity for and knowledge of the intricate complexity of the body in motion. Discover principles of dynamic alignment, form following function, and how our bodies are designed to adapt and change.

TOP EMBODIMENT TIP: Practice. Move. Bring your consciousness into your body, focus, and breathe, on what you perceive in relationship to your form. Everyday.

Embodiment: Inhabiting the body; experiencing the relational nature of being

- 'I am a living performance in time'
- Presence = Becoming (form) = adapting

Alignment: is non-linear; is actually relational; Form follows function follows form

- Our biological structures are non-linear, curvaceous, and designed for motion
- Spine is a series of undulations; 'what is to undulate towards our goals?'
- Body as an expression of form and function; past and future; body memory and choice
- To rely on an understanding of ourselves as separate parts would be a unfortunate; *we are living interwoven systems*
- Every bones are curved; joints are living bridges negotiating the movement of energy through you

Fascia: Fractal nature; exists in various layers throughout our entire form

- In Rolfing relates to Myofascia, spiral pathways; coordinate with nervous system for posture and function
- Sensitive to fluids, heat and pressure. can glide or slide in relation to each other. Can clump or be pulled apart.
- Mostly collagen in nature. Has elastic components.
- Sensitive to attention and breath. Communicates across systems.
- Communicates 9-12x faster the neurological system; is an older system

Designed for Change:

- If you change your form or shape, your experience of reality can change.
- Having to change shape and reorient, redesign, is part of our humanness
- Listening to and respecting structural limits provides more freedom and possibility to move

Resources

- ❖ **Website:** <https://www.nuriabowart.com/>
- ❖ **References:** Frey Faust, Axis Syllabus



Nuria Bowart





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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 and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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