



Betsy Polatin: Emotional Embodiment



Betsy Polatin is a Dancer, senior Alexander Technique teacher, student of Peter Levine's Somatic Experiencing Training and author of *The Actor's Secret: Techniques for Transforming Habitual Patterns and Improving Performance*. Explore movement patterns, trauma, anatomy, the nervous system and breath work through the lens of Betty's four decade interest and research into body movement, its impact on our emotional state, and how to move effectively and efficiently.

TOP EMBODIMENT TIP: Embodied Work is Experiential – You have to DO it!

The Autonomic Nervous System and Self-Regulation

- Discusses the healthy up and down cycles of our nervous system and how through learned self-regulation, we can support and prevent ourselves from getting stuck in either an activated or a depressed state.

Posture and Emotion:

- Explore how posture exercises can be used to release contraction and shift felt states.

Breath Work and Health:

- Discover the work of Carl Stough, American Choral Conductor and breathing specialist who used breath work to support emphysema patients.

Trauma and the Body

- Find out about Betty's work with performers and her experience of how movement patterns can develop from trauma to the body, discussion includes reference to a variety of behavior patterns that can result from trauma.

Adverse Childhood Experience (ACE) Study

- Introduces Vincent Felletti's research into the correlation of adverse childhood experiences and adult ill-health and talks to how trauma work in the form of movement, voice and rhythm can teach new patterns of behavior.

Practices: Includes several, accessible and replicable body explorations...

- **Meeting the Ground:** A nourishing exercise to bring awareness to the support that the ground offers our standing bodies.
- **Multi-dimensional Breathing:** A posture based exercise focusing on increasing breathing, ease and efficiency.
- **Resourcing:** Using everyday external and internal resources, (visualizations, simple feel-good memories) to bring a sense of comfort to the nervous system.
- **Structural Suspension:** Posture exercise to explore expansion in the body through a basic awareness of anatomy.