



David Hall: Body of the Tongue - Perception, Projection, Presence and the Mystery of Speech



David Hall originally trained as an actor and voice teacher. He is an Alexander Technique Teacher, Feldenkrais Practitioner and founder of the dance school 'Bang Bang Salsa' which ran for fifteen years in Sydney's Northern Beaches. Discover how to pay close attention to the experience of our tongue and its relationship to thought and feeling.

TOP EMBODIMENT TIP: Stop frequently, pay attention and improvise.

Three Equally Important Layers in our Body:

- **Ectoderm:** Brain and Skin
- **Mesoderm:** Muscle, Fascia and Bone
- **Endoderm:** Gut

The Mystery of Speech: Navigating the world with the tongue

- When we are babies, everything goes in our mouth and is touched with the tongue.
- That's when we can really get a direct understanding of it or of our relationship to it.
- After we start to develop language, we learn the names of things and become less inquisitive about the meaning.
- As that aspect of our life develops and grows, we build up this model of the world and taste becomes not quite as important.

The Tongue and its Close Connections

- **The tongue has a reciprocal relationship with the gut.**
- We put food in our mouth and enzymes are released.
- That food triggers release of enzymes further down in the gut, the places that are going to digest that food.
- **The tongue has a reciprocal relationship with the structures of communication.**
- With the facial muscles and with our limbs for gesturing.
- **The tongue is part of the danger detection system.**
- This detection system is one of the strategies we use to defuse situations or to protect ourselves in communication.
- There is a lot of space around the tongue.

Resources

- ❖ **Website:** [David Hall](#)



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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.

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