



Paul Cohen: Embodied Touch Bodywork: Making the Profound Simple and the Simple Profound



Paul is the Founder of Embodied Touch Bodywork, Bone Yoga and Bone Yoga Bodywork. Join Paul in this introduction to the field of touch and healing by exploring the range of motion of joints through movement. Touch Bodywork can be reparative, facilitating the letting go of old physical and emotional patterns of tensions and old traumas, and giving support on all levels of body, mind and spirit.

TOP EMBODIMENT TIP: Go back to the breath. The breath underpins every pattern in our body, if you change your breath.

Embodied Touch Bodywork: Kinaesthetic Engagement. Working Skilfully and Consciously with Touch

- Letting go of habitual patterns and creating clear patterns of force field in the body through touch, bone yoga, Qigong, breathwork, range of motion of joints, ligaments and fascia.
- Role of relationships in touch body work.
- **Our body stores our emotions:** The importance of our mind and emotions and how they affect our body tissues.
- **Sthira and Sukha:** The structure and ease in the body (acupuncture), and the promotion of energy flow for self-healing.
- Ways to re-pattern physical pain and discomfort.
- Ways of being that override physical and emotional habits by increasing our awareness of ourselves physically and emotionally.
- Using different breathworks to stimulate the parasympathetic nervous system, in order to rest and restore.
- Connection, meaning, respect, openness, receptiveness, inquisitiveness, continual adaptiveness, safety, listening, non-judgement.

Touch Principles: Clarity of Touch, How to Engage and Disengage, Boundaries of Touch

- **Energy:** How can we direct, disperse, and increase energy.
- **Types of Touch:** Therapeutic (boundaries of touch), Conscious, Meaningful, Streaming, Blending, Boundaries.
- How to be supportive with your touch.
- Working with attention / intention.
- Touch is clear and purposeful and has a clarity of presence.
- **Boundaries:** Being aware of the distinction between 'where I end' and 'where my client begins' within the energetic boundaries of engagement.

Resources

- ❖ **Website:** boneyoga.com
- ❖ **References:** Richard Walters, Zero Balance, Tim van der Vliet



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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