



Liz Koch: CORE PSOAS: Regaining Coherency Through Primal Gestures



Liz Koch is the creator of Core Awareness,[™] a somatic approach to deepening the experience of the human core. She teaches how to use primal gestures to tap into the nourishing potential of the psoas. Explore the dynamic capacity of the psoas to create a coherent sense of embodiment.

TOP EMBODIMENT TIP: Find Your Bones - Where Am I Landed In My Bones?

Our Core: A Fluid Tissue

- Rather than our spinal column and midline being solid and defined structures, our core is a dynamic process.
- Our bodies are a living process that begin with oneness. As our bodies develop, it enters a flow state that shapes our internal selves and our relation to the outside world.

The Psoas: A Messenger

- The psoas is a bio-intelligent messenger of safety and coherency.
- It utilizes sensory processes to orient ourselves within time and space. It serves to inform us where we are physically, in any given moment.
- The psoas responds to the internal environment of the body and the external environment of our surroundings to decide what the body needs.

Healing Trauma: Nourishing The Nervous System Response

- The goal is not to get rid of trauma from the body, but to metabolize it through nourishment.
- Through the movement of restorative gestures, we can invite the return of the natural rhythm into our bodies.
- Restorative gestures include primal movements like rolling on the floor, feeling into the bones, playing with water, and engaging the spine in micro-movements.

The Psoas and Social Change: Using Embodied Movement For Healing

- The history of colonization has created a social, cultural, and racial dynamic and our current bodies tell the stories of the social constructs that shaped our ancestors.
- We can dissolve the trauma of our ancestors through embodied movement by renegotiating the nervous system response.
- The cultivation of congruency by being in the present moment, in a state of flow, can lead to self-actualization.

Resources

- ❖ **Book:** [Stalking Wild Psoas](#)
- ❖ **Website:** [Core Awareness](#)



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Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

OI's Trauma Safe™ Trajectory features a carefully sequenced set of trainings, including the experiential 10-Week End of Trauma™ Course, the HEART@Home™ Coaching Certification, and the OI in-depth overview, PTSD: Post-Trauma System Development course. All courses are available online.



PTSD: Post-Trauma System Development emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

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