



Alexandra Vilvovskaya: Cultural Embodiment: Beyond Trauma and Stereotypes



Alexandra Vilvovskaya is the leader of the Russian-speaking embodiment community and the co-lead trainer of the Embodied Facilitator Course in the UK. Alexandra is also a Russian tango teacher, trauma therapist, and holds a Ph.D. in Educational Science. Find out how culture manifests in our embodiment and discuss some embodied cultural patterns with Alexandra.

TOP EMBODIMENT TIP: Breathe if you can, sense if you enjoy sensing, and move if you enjoy and can move.

Personal Story:

- Alexandra described her upbringing in downtown Moscow in the times of the Soviet Union and gives examples of related cultural patterns of Russians and Eastern Europeans.
- Her first interest in embodied cultural patterns stemmed from her fear when traveling. **She started noticing body details of people she did not share common language with in order to understand what they were.**

Cultural Embodiment:

- The layer of cultural embodiment exists somewhere between our biological and personal embodiment. The patterns of cultural embodiment may come from the family, the place where we grew up, our profession, practice, or social circle; we all have **embodied cultural patterns**.
- Once we understand what our personal, situational, biological embodiment is and what our cultural embodied patterns are, we can choose how we want to manage them in our body. Their exploration may give you certain advantages or disadvantages, helping you to **discover your cultural narrative and link it to your daily life**.
- Some of the cultural environment rests on the collective trauma and we feel it in our bodies. It is very noticeable in the people from the former USSR, Jewish-Russian community in modern Russia, etc. Discussing and healing it is an important yet separate topic.

Cultural Patterns in Coaching:

- We all have embodied cultural patterns that come from different sources. Oftentimes, they come into play when people move between countries or cultures and may create problems for coaching clients.
- The exploration of cultural embodiment patterns allows us to become aware of them, learn from other cultures, and thus brighten one's life.

Resources

- ❖ **Courses:** embodiedfacilitator.com/alexandra-vilvovskaya/
- ❖ **Website:** body4biz.ru/



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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