



Alexandra Vilvovskaya: Embodiment in Culture



Explore the concept of Cultural Embodiment with Alexandra Vilvovskaya, the leading figure in the Embodiment Community in Russia and Co-leader of the Embodied Facilitator Course in the UK. Alexandra is also a Russian Tango Teacher, Trauma Therapist, and holds a PhD in Educational Science.

TOP EMBODIMENT TIP: 1) When you notice something strange, new, curious, ask yourself... Is it my personal or cultural embodiment? If it is cultural, ask yourself: *Is it useful for me right now, or can I change it?* 2) When meeting people from other cultures, ask yourself: *How do they do this? What can I learn from this?*

Bringing Argentinian Tango to Russia: Discovering Cultural Embodiment

- After falling in love with Argentinian Tango 20 years ago, Alexandra wanted to share it back home in Russia. While doing so, she noticed that it was not easy to transfer the culture, dance, music, and connection into the climate of Russia; She had to adapt it to suit the culture.
- In every practice, we can see how our culture influences the way we do it

Cultural Embodiment: Similarities and Differences

- Between the biological level where humans are similar and the personal level where we are different, there is also a cultural level that gives us similarities/differences.
- Often, we can notice/sense these between different nations, localities, cities, streets, subcultures, genders ... Sometimes we are aware of it, other times not. These are often connected to cultural trauma
- In every practice, we can see how our culture influences the way we do it

Advantages/Disadvantages: What does it mean to be a person from your place?

- In every moment, our embodiment opens possibilities and limits others: Communication, connection, appearance, business relationships, etc.

Empathy: Understanding people better

- Sometimes, we can better understand our people, because we feel similar things, but it can be hard to understand people with different embodiments; Once you become aware of your personal embodiment, you'll be able to notice it more in others. From here, you can test out their body language to understand them better. We won't totally know what it means, but we get a sense.

Why is it Useful? Less judgement, better mutual understanding

- Provides opportunities to adapt more easily to the places, climates, and traditions of different cultures; We can feel, try, and empathize for different cultural embodiment traits