



Alice Wells: Coalescence: Dancing Duality



Alice Wells brings more than thirty years of experience in working therapeutically and integratively with people seeking to live their full potential, as well as with those in crisis, in emotional pain and depressive states or experiences of grief, trauma, loss or transition. She sits on the board of the Global Professional Breathwork Alliance, an organization establishing training and ethical standards and a developing body of research and scholarship in the evolving field of breath practices. Explore with Alice the embodied experience of duality and discover why that matters.

TOP EMBODIMENT TIP: Practice to fully embody all the Fractals of Lightness, so that we may be in service to the world.

Invitation: **If we want to know about the quality of duality or polarity, we can use our bodies.**

- This session is an opportunity to look within from an embodied perspective and to begin to explore how we are actually living duality; how we may actually be polarized.
- One example for understanding duality is the feminine and the masculine. Are there ways that we are engaging in the dance of these different forces within us, or are we divided in our separate corners?
- We can experience the fluid creativity that is an exchange of energies moving, and the underlying harmony that can arise between seemingly opposing energies.

Consciousness: **The essential nature of humans is grounded in unity. That is our potential, and our birthright.**

- The unity, itself, has a dynamism in its lived form that also can include stillness.
- The relational and harmonizing dance of coalescence can happen in us, between us, and among us, and it can happen in our relationship with the world around us.
- [Coalescence is the process of coming or growing together to form one thing or system (Cambridge Dictionary)]
- Metaphor as an example: When we breathe out, the trees breathe in. And when the trees breathe out, we breathe in. We are literally in a dance, all together, with the breath.
- The offered breath and movement practice is about the duality of 'active and receptive'.

Resources

- ❖ **Courses:** [Individual Sessions](#); [Integrative Breathwork Workshops](#); [Supervision for Breathworker](#)
- ❖ **Websites:** www.breathworkalliance.com
- ❖ **Website:** www.inspirationcommunity.org
- ❖ **Website:** www.onebreathcircle.org
- ❖ **Instagram:** [@onebreathcircle](https://www.instagram.com/onebreathcircle)



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Philip Shepherd, TEPP [The Embodied Present Process](#)



Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

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