



Leo Peppas: Embodied Relationship: Reciprocal Presence And Haptic Cognition As A Guide



Leo is a Yoga teacher, psychosynthesis therapist, and movement bodyworker. This practice is filmed in nature and explores reciprocal presence, kinaesthesia (movement awareness), and haptic cognition.

TOP EMBODIMENT TIP: Come back to sensation

Sensation: **Take part in the experience!**

- Physically with the senses, cognitively in thinking, structurally by language and movement with action.
- The process is dynamic and one category can influence another (i.e. language then senses).
- Eventually, habit and lifestyle conditions limit the information from the world and the imagination.

Reciprocal Relation: **Greater capacity to be present**

- In the outdoors, nature has agency acting on us (i.e. when we walk barefoot, there are challenges such as sharp rocks in which we need to respond by a pause or even back off and find another way to continue).

Haptic Cognition: **Where are you?**

- The answer can be in the form of a place, atmosphere, emotional connection, physical or a sensation such as a knowing without judgment, without selecting and attaching any words.
- Touching something vs receiving the impression of being touched are two very different experiences.
- “Touch blind” is primarily at the feet because of shoes.

Kinaesthesia: **What do you really sense in this place?**

- **Eyes:** Peripheral vision: Receiving vs Focal vision vs Integrated vision (both).
- **Skin:** Boundary, permeability, intelligence of the membrane.
- **Blood:** Arterial Blood (pumps out that acts with the world) Venous (periphery to the heart).
- Contact with the environment through touch.

Resources

- ❖ **Website:** leopeppas.com
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