



### Tahlia Brand: Sound as a Tool for Embodiment and Pleasure



Tahlia is a sound and somatic therapist, combining tools of SoundTherapy, Vocal Coaching, Sexological Bodywork, Embodied Counselling, Wombwork, Bodywork and Shamanic practices. Enjoy exploring your own voice in this experiential workshop.

**TOP EMBODIMENT TIP:** Make sound anywhere you can. Humming is really effective - feel for your own sound and hum.

The Voice is an Erotic Organ: **The Vocal Chords and Ovaries are One Organ Split into Two as the Organism Develops.**

- By connecting the throat to the cervix we are drawing on natural tools for embodiment and pleasure.
- The voice is often held or restricted as a result of trauma and we have lost our reflexive responses to make uninhibited sound.
- We need to allow ourselves to strip back to our natural authentic sound like a baby uses sound.

Benefits of Sounds for the Autonomic Nervous System: **The Throat and Cervix are at Both Ends of the Vagus Nerve.**

- By connecting the sound from the throat down to the pelvic floor we are engaging the autonomic nervous system.
- This helps regulate the heart, blood pressure, digestion and sexual arousal.
- Humming and sounding can help to shift mood state and move into the parasympathetic nervous system.

Using Sound in Sexological Bodywork: **The benefits.**

- By opening up the throat and making sounds, the cervix opens up. Involving sound will increase pleasure.
- Being able to use sounds is part of the process of consent.
- When we are not consenting or have had some kind of sexual trauma we lose our voice.

Using Sound Therapy in Trauma Work: **Titration - Small Steps.**

- It is important to work gently, slowly and just in small segments.
- Sound can be a place where people hold a lot of trauma.
- Just start with being with the throat without the expectation of making sound.
- Have plenty of pauses for reflection and feeding back.

#### Resources

- ❖ **Website:** [tahliabrand.com](http://tahliabrand.com)
- ❖ **Facebook:** [Tania Brand](#)



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## **Thalia Brand**



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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.

**UZAZU Embodied Intelligence** gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you a **comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

**UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21**, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

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**UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. Visit [Uzazu.org](#) for details!