Dr. Katie T. Larson, Ph.D. is a Growth & Transformation Specialist who works with highly sensitive people, empaths and intuitives. She is a researcher, author, speaker, and founder of GrowthQuests. In this session you will experience heightened pleasurable sensations, embody and neutralize felt-emotions, and learn how to create healthy boundaries. This session will combine holistically-inspired movement, guided meditation, and embodied creativity. Participants will leave feeling whole, empowered and confident in their sensitive superpowers.

**TOP EMBODIMENT TIP:** “Allow yourself pleasure and find it in every way you can.”

**Identifying as a Highly Sensitive Person (HSP):**
- A highly sensitive person is a deep processor, relates to their emotions strongly, has heightened senses and may feel a sense of disconnection with the body. **Discover yourself through the acronym:**
  - **D**: Deep Processor
  - **O**: Overstimulated Easily
  - **E**: Emotional and Energetic
  - **S**: Sensitive to Subtleties

**HSP’s Strengths and Challenges:** **What leads to disembodiment?**
- We are deep processors, so we’re quick witted; and we’re very intensely focused with our mind.
- We relate strongly with our emotions but miss where it lives in the body.
- Heightened senses make us feel unsafe, making it hard to trust the body.

**Embodied Practices:** **Returning to our bodies as HSPs**
- **Enhancing Pleasure Practice** - amplify pleasures of the felt sense to calm the nervous system.
- **Feeling Feelings Practice** - allowing emotions to flow in motion.
- **Healthy Bodies** - trusting your body’s yes and no.

**Resources:**
- **Music:** [Amy’s Spotify Playlist](#)
- **Quest Courses:** [growthquests.com/coaching](#)
- **Website:** [growthquests.com/](#)
- **Instagram:** [@drkatiegrowthquests](#), **Facebook:** [facebook.com/GrowthQuests/](#)
- **YouTube:** [Unfold Groth Quests](#)
- **References:** Dr. Elaine Aaron, premier researcher of high sensitivity
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. 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!