



Dr. Martha Eddy: Embodying Fluidity Literally and Figuratively - Small Steps For Moving Stress and Trauma Out



Dr. Martha Eddy is a Somatic Movement Therapist, a teacher of Body-Mind Centering and a Certified Movement Analyst who holds a Doctorate in BioBehavioral Studies. Experience a guided somatic dance process to support and nourish your body and being, while searching for and moving through physical or emotional blockages. Discover how different explorations of movement, whether within the vertical, horizontal or sagittal axis expand awareness and orientation.

TOP EMBODIMENT TIP: Dare to be all the different parts of you.

Stressors as Opportunities: In order to move in the world, we have to take a step.

- Stressors (micro or macro traumas) offer opportunities to ask questions.
- What is here for me to learn? What is it teaching me? How did my response serve me? How is it still living in my body?
- How is it useful to me? Is it time to let go and find a different choice? What do I need as support?

BodyMind Dancing: Embodied practice for connecting, supporting and moving through Stress and Trauma

- BodyMind Dancing guides us to resource within our bodies, to orient, explore axis, integrate and move through.
- Internal and external conflicts are practice grounds for dealing with micro and macro traumas.
- Establish a safe-enough space, within which to explore the freedom of expression, embracing all parts of the self.
- Ground-Express-Intend-Communicate (EGIC model from Dynamic Embodiment)
- Setting Intentions: What do I want to communicate, either intrapsychically with self, or relationally to someone else.
- Orienting in our bodies and in space is a resource. We know this from somatic experiencing, organic intelligence and trauma work.

Fluidity Versus Stuckness in the Body: Fluids are a system of transformation. If you are stuck, you are not transforming.

- Our bodies show tensions and wounds. Our bodies are a land of a million lakes and lots of ponds.
- If you are stuck ask yourself, “Can I be present with my stuckness?” There’s no reason to change it if you love it, and if you love it, guess what, it’s going to change.
- Our bodies are a resource and we can move in relation to, and in connection to, our cells, organs, glands and fluids.
- Moving either towards, or away from, something represents the first type of cellular consciousness, which can offer protection without armouring.
- We are encouraged to focus on the quality of movements and to acknowledge that the autonomic nervous system, which operates unconsciously, often hides the more vulnerable aspects of us.

Resources:

Books: [Mindful Movement, The Evolution of the Somatic Arts and Conscious Action](#)

Website: drmarthaeddy.com

References: [Bonnie Bainbridge Cohen, Body-mind Centering, Laban Work, Warren Lamb](#)



Dr. Martha Eddy





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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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