



Emory M Moore: EM Life Work: Body Harmony and Self Care



Emory M. Moore Jr, is an internationally renowned, multi certified exercise and movement teacher with over 30 years experience in a myriad of disciplines. In this experiential workshop you will have the opportunity to experience some of his teachings practically.

TOP EMBODIMENT TIP: When you are about to fall make sure you land in a safe position you trust and are able to transition immediately to any other position.

Activating Awareness: Activity with eyes closed and corners exercise.

- Living in a city and home environment, we become accustomed to our environments and we turn our awareness off to avoid unpleasant things.
- The corners exercise enables awareness by feeling corners with the palm.
- The exercises are tools to increase sensory range and reduce likelihood of an accident.

Balancing and Falling: Explore how far you can lean before you break your fall.

- This exercise enables you to feel how far you can go.
- It is important that you can recover from each position you fall from, drop into a position you can trust, and then transition immediately to any other position.

Sideways Leaning and Falling: In balancing exercises, always pass through the centre line.

- Centering is crucial; it is very important you know where your centre is.
- Soften your knees and drop down, so you know you are centred as you pass through the midline; before leaning to the other side.

Dropping to the Floor Safely: The Sploosh Exercise.

- Babies don't put their hands out to stop themselves falling, but we forget the inherent knowledge of our body.
- It is hard to let go of the head in the sploosh exercise, but if you can't let go of your head, you can't fall properly.

Linking the Movement to Self Care: Power is in releasing, not holding tight.

- Our bones aren't hard on a microscopic level, we are mostly water and fluid.
- We need to soften and release to find our power, instead of squeezing and holding our bodies in a hard way.

Resources

- ❖ **Courses:** see website for courses
- ❖ **Website:** <https://em-studio.org>
- ❖ **Social:** www.facebook.com/EMTechnique



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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