



Susanna Recchia: Exploring Omni-directional Breath and the Gut Body Through Moving and Dancing



Susanna Recchia is an Italian dance artist and Somatic Educator. She is the Research and Rehearsal Director of [Candoco Dance Company](#). Susanna is committed to sharing somatic-based work as a resource for people through the challenges of life. This experiential session goes into three themes: feeling the skin, the omni-directional breath, and the gut body.

TOP EMBODIMENT TIP: For me, embodiment is showing up every day, every week, every moment, to see whether I can be more comfortable in my skin. Can I be more present, and through that, at service to what is needed in the world?

It's About What It Feels Like: **Movement Generates Sensation, and Sensation Can Generate Movement.**

- In this context, what dance looks like is not important: being in the conversation between movement and sensation is. This is the invitation for the whole session and it is a life-long practice.
- We might sometimes need to move in order to feel more sensation and sometimes our movement might arise from a sensation we experience.
- We remind ourselves that we are fluffy, elastic, moving beings.

Feeling Our Skin: **Our Body's Largest Organ, Soft and Elastic, Wrapped Around Every Bit of Us.**

- From stillness, we transition into movement, using micro-movement to feel and understand more.
- We can bring attention to our skin either by touching it softly with our hands, or by sensing its contact with things.
- Closing our eyes reduces the information from the external world: the skin becomes the main source of information.

Breath and Omni-Directional Orientation: **The Effects of Our Breathing Happen in All Directions.**

- Each breath has the potential for us to sense omni-directional orientation.
- Every time we inhale, the expansion happens in all directions.
- And every time we exhale, there is an omni-directional softening of our entire self.
- Micro movements can help to sense this, or mirroring the breath with our hands.

Tracing the Gut Body: **The Connection Between the Mouth and the Anus.**

- How do I retain the openness between the mouth and the anus?
- The gut tube around the digestive system is like a second brain, and often responds to information faster than our brain. The aim is to be able to navigate between softening in safety and the need to contract for protection. We don't want to be stuck in either state.

Resources

- ❖ **Facebook:** [Susanna.Recchia.5](#)
- ❖ **References:** Andrea Olsen & Caryn McHose -- Body Network; Amy Voris



Susanna Recchia





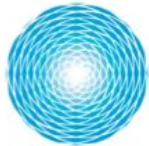
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