



Bruno Caverna: Fallness - Hacking Inner Resistances



Through his auto-didactic nature, Bruno Caverna has been extensively researching ways of integrating elements of these diverse movement practices into a more expansive somatic understanding and training method (for dancers, movement practitioners and anyone seeking a path towards reconnecting with their body knowledge).

Explore how to track down and map the road of unconscious resistances accumulated and stored in the bodies through playfulness and self-deconstructive processes. Falling is the cornerstone, a point of navigation in the sea of hidden resistances that extrapolates the outskirts of a more mechanical description of the falling phenomena. We will cultivate falling as a stateless state of being as the cornerstone for the principles of effortlessness, connectedness and flow embodiment. The session is preferably worked with a partner.

TOP EMBODIMENT TIP: Practice being in a state of contact with yourself.

Concept of Fallness: Life's Condition is a Freefall.

- Falling is a state we are living in.
- Our relation to the fall is resistance.
- We are resisting what is.
- The practice of falling is to relate to the space of the fall before the action.

The Role of Gravity: It is a Burden to be in the Body.

- We are desensitized to gravity, and no longer notice gravity's pull.
- We are essentially born helpless, babies live with what is given, and work with gravity
- Gravity gives us tonification, and also protects us.
- Our fear is camouflaged.

The Practice of Falling: You Cannot Train Falling.

- Recognizing the pattern in your state of being with "Beingfullness"
- Shed light on resistance, being aware of your resistance as it is happening.
- Explore the state of being helpless.
- Fall up without fighting gravity.

Resources:

- ❖ **Website:** [Bruno Caverna](#)
- ❖ **Instagram:** [Bruno Caverna](#)
- ❖ **Facebook:** [Bruno Caverna](#)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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