



Lisa Medley: Fluid Movement Freedom



Lisa Medley has an MA in Expressive Therapy and is certified in Therapeutic Massage and Movement Therapy. She is also a facilitator of Conscious Dance Workshops, and has studied both life and wellness coaching. This session is an invitation to discover how to reclaim your natural ability to move with freedom, flow and fluidity.

TOP EMBODIMENT TIP: Remember that your body is made of energy; cultivate a kind of relationship with it so your soul has a comfortable place.

Fluidity:

- Our physical body is very fluid-based; By natural design, the way we move should be fluid and free.
- With industrialization and us becoming more mechanical, we have forgotten about our fluid potential.
- We aren't moving in multiple different directions as much as we used to, and some traditional fitness programs still use linear patterns.
- **Getting in touch with our fluid nature makes it easier to connect to enmeshment and ease.**

Practices:

- **Centering:** Awareness of energy and breath; featuring a poem addressed to Agnes De Mille, written by Martha Graham.
- **Fluidity:** Sensing the fluid nature of different parts of the body; self-massage; making funny faces.
- **Seated:** Moving the shoulder-collarbone area; noticing the sensations.
- **Standing:** Full body joint jiggle; flowing movement using different parts of the body to full body; noticing the sensations; sensing the connective tissues and feeling the fluidity.

Resources

- ❖ **Website:** soulisticarts.com
- ❖ **Instagram:** [@lisawmedley](https://www.instagram.com/lisawmedley)
- ❖ **Facebook:** [lisawmedley](https://www.facebook.com/lisawmedley)
- ❖ **LinkedIn:** [lisawmedley](https://www.linkedin.com/company/lisawmedley)
- ❖ **YouTube:** [Lisa Medley](https://www.youtube.com/Lisa%20Medley)
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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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Dedicated to exploring inner space™

