



Deborah Jeanne Weitzman: Full Body Awakening



Deborah Weitzman has devoted her life to be an artist, healer and truth seeker. She's a singer-songwriter and a certified teacher of The Alexander Technique, voice theater and movement. She introduces herself as "A recovered stiff person". Explore the breath, your voice, movement and expression, in stillness and accompanied by Deborah's own music.

TOP EMBODIMENT TIP: If you move and don't sound, add some kind of sound! If you make sounds and don't move, find some way of moving! And if you already move, move with the idea of communicating!
And, of course, cherish and enjoy the sensuality of your breathing!

Awareness of Movement: **When We're in Dis-ease, it can Lead to Disease**, Alexander said.

- This work is a way to prevent that.
- When I was a kid, I was hyperactive and told to be still. Now I know I don't have to be completely still, there is always movement in the body.
- You're always breathing. Just become aware that every breath is as different as every snowflake!

Invite Freedom in the Body: **Use touch!**

- Let your hands touch and softly invite different parts of the body to be free.

Vocalize: **Explore Sounds!**

- Make sounds like a baby, explore and don't think about how it sounds. Most of us hate the sound of our own voice.
- You can start by just thinking of making a sound. You don't have to make actual sounds to receive the benefits.
- You don't need much time to include sounds in your day. You can go to the restroom, make a yawn and a sigh, stretch, make some sound.
- You can make "no" as a sound, and try stretching it like mozzarella. You can even try this while walking backwards in the woods.
- If you don't like the word "singing" throw it away because it comes with a lot of judgment, and think of the vibration. You can start by beating your chest like an ape and notice the vibration, not how it sounds.

Resources

- ❖ **Books:** [Pandora Learns to Sing: A Journey Towards Wholeness](#)
- ❖ **Websites:** deborahjeanne.com / creativehealthyliving.com
- ❖ **Facebook:** facebook.com/asdeborahseesit
- ❖ **Contact:** deborahjeanne@gmail.com



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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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