



Lara Kolesar: Harnessing Biological Impulses to Fuel More Conscious Embodiment



For the last 25 years, Lara has been exploring and creating new ways to support the body and translate its intelligence through touch, breath and movement. She developed the Kolesar Body Knowledge Method for Pilates Instructors and now offers her latest creation, The Art of Ecstatic Touch, out of her passion for accessing the deep healing potential of the body when it's experienced as a temple of pleasure and devotion.

TOP EMBODIMENT TIP: Embodiment can lead to greater joy and pleasure in life. The fountain of youth lies in presence, staying open to curiosity and innocence.

The Intricacy of the Nervous System

- The nervous system is how we sense and receive and express the information in the external world.
- Sensing information is our superpower.
- An intricate diagram is used to highlight this point.
- We are capable of feeling beyond our bodies.
- We must find the “dial” on our self-expression to neither suppress, nor overwhelm the system via extreme catharsis.

Tension

- Force is not needed to relieve tension.
- If a bodyworker uses force to relieve tension, the tension moves into the body of the therapist.
- Awareness, subtlety, presence, vocal expression and relaxing into the feeling can relieve tension.
- Tension contains information, we risk losing valuable information if we try to remove tension too quickly with too much force.

Awareness Practices

- Lara takes us through two awareness practices, one for the neck, one for the lower body.
- At the end of each practice she encourages us to feel into and be with what is unfamiliar.
- Lara states that it's normal to feel unfamiliar after a practice. This is an indication of a part of the body awakening.
- Welcome all sensations and consciously move past limitations in order to receive more space to open more. Resistance informs us of our boundaries. The only way to let go of resistance is to feel it and be with it. Only by feeling it can we get the information from it that tells us what the block truly wants.

Resources

- ❖ **Website:** bodyasmuse.com
- ❖ **Social:** [@lara.kolesar](https://www.instagram.com/lara.kolesar)



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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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