



Yasmin Lambat: I'm Fine, I'm a Somatic Therapist



Yasmin Lambat is the creator of SomaSensing as well as a trauma-informed therapist, embodiment guide and Registered Somatic Movement Educator with ISMETA. Discover how to connect to your inner body and how to use the sensations that arise for intuitive healing.

TOP EMBODIMENT TIP: Everything in Soma Sensing is centered around tuning in and moving from within; your body will guide you when you're listening to interoceptive awareness.

Soma Sensing:

- Connecting with self sense to self-regulate the nervous system, and expanding the capacity of being able to bounce back when life throws us off-centre.
- We can repattern unconscious pathways through the body by integrating the Polyvagal Theory, Fascia as a Felt Sense, and Neuroplasticity.
- Felt Sense is noticing what happens to the area that you are tuned in to when you are observing something. This sense of connection comes from the vagus nerve.

Interoceptive Awareness:

- When there is connection, emotional sensations like compassion, courage or clarity will emerge due to interoception (sensations that emerge from within the body).
- The sensations can be physiological including the urge to urinate, feeling hungry/thirsty, heart palpitations; or emotional i.e. heart palpitations can be a sign of anxiety.
- In Soma Sensing, the interoceptive awareness focuses specifically on the quality of fascia, stiffness or softness.
- When we are disassociated from our felt sense and start to unconsciously process these sensations, it can lead to overwhelm or sensory amnesia.
- Tuning into interoceptive awareness is not always a relaxation state. The felt sense could also be guided by righteous indignation.

The Calm Response (3-Step Practice):

- Pause - take a moment to pause; can be done standing or sitting.
- Tune In - sense the quality of connective tissue; identify any stiffness or areas of strain.
- Self-adjust - find what feels most comfortable; listen to your inner body and "shape change" your body to where it feels easier for your connective tissue and body to experience sensation or rest.
- This practice is intended to bring you into the present moment and help you find connection within your body.
- Use this if you are in hyperarousal or experiencing low energy or shut down (zoning out) state.

Resources

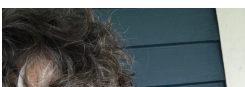
- ❖ **Website:** www.somasensing.org
- ❖ **References:** *Fascia: What It Is and Why It Matters* (David Lesondak), *Yoga: Fascia, Anatomy and Movement* (Joanne Avison), Fascia experts: John Sharkey, Gary Carter.



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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.

