



Esther Arends: Journey through the Body



Esther Arends is a body-centered trainer, coach, author, and founder of the educational program *Journey through the Body*. In this session, you will get acquainted with her program curriculum, which teaches children to listen to their body in playful ways. The curriculum is currently intended for 4–8 year-olds and aims to promote body awareness and self-worth.

TOP EMBODIMENT TIP: Be present, allow yourself to slow down and to listen.

Science: Introducing the Anatomy of the Body

- Explore visuals that show the internal, anatomical structures of the body/body part – here, the foot.
- Learn to appreciate the complexity of structure and number of bones in specific body parts.
- Use hands, movement and shaking to feel your own feet, and to correlate tactile experience with visual knowledge.

Movement: Stimulate Body Awareness through Movement

- Use movement games: walking mindfully, imagining being in a forest, articulating and sensing the feet
- Dance: move to music, allow the feet to lead the movement
- Practice yoga: such as upward standing stretch, exploring balance on tiptoe. Experience the opportunity to calm energy.
- Share and gather feedback about noticed sensations at each stage.

Dreaming: Guided Visualisation to Integrate Body and Mind

- Begin with eyes closed- internally sensing the whole foot part-by-part; how does it feel after the various movements? Imagine feet are able to speak: what would they say?

Drawing: Integrate Learnings

- Make a visual representation of the feet by drawing on paper (does not need to be anatomically correct).
- Drawing as a connective experience of the program; when the kids' experience and learning are brought together.
- Ideally, use a body-length piece of paper and coloured crayons.

Celebrating: Showing Appreciation to Your Own Body

- Give your feet a compliment; express gratitude to them for something they do for you.
- Invite children to give themselves a compliment, and to each other. The teacher could also give a compliment.

Resources

- ❖ **Website:** <https://www.journeythroughthebody.com/>
- ❖ **Social:** Instagram: [@journeythroughthebody](https://www.instagram.com/journeythroughthebody), Facebook: [facebook.com/journeythroughbody](https://www.facebook.com/journeythroughbody);
- ❖ LinkedIn: [linkedin.com/in/esther-arends-71225828/](https://www.linkedin.com/in/esther-arends-71225828/)



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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.

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