



Lucie Nerot: Let Movement Challenge Your Bias and Expand Your Possibilities



Lucie Nerot is a founding member of Open Floor International, a trainer, and an international teacher. Experience a deep inner journey through a guided movement practice, tapping into the core of your being, and exploring personal biases and limitations that can be anchored in the body. Be guided into awakening the vibrant life force energy within the body, for healing and redirection.

TOP EMBODIMENT TIP: Find what you can enjoy in your body and in your dance. Find music that really gets you going.

Journeying through Open Floor:

- In the **Open Floor movement practice**, a part of the body is chosen as an **anchor**. It's a way to **enter the body**, to increase **embodiment**, a place to come back to, and a place that can **activate** something in us and then **expand** it into the whole body.
- It starts with **opening** one's **attention**, by noticing sensations and scanning the body, the **emotional** levels of being, any thoughts or **images** in the mind, and the state or presence of the **soul**, and allowing the body to respond as inspired.

Entering The Body: One of the Keys to Embodiment is Sensation- Feeling Your Body

- By **entering the body** through a chosen **anchor**, first with presence, touch and awareness, and then by allowing it to guide an **opening** into movement as it unfolds, **vast information** becomes available.
- Notice is taken to any history that is there in the body. Any **narratives** that were told directly, and/or indirectly, about how the body should or shouldn't move, any memories of the body that emerge, or any limitations set from within or without.
- Often some of this **history** is still **present** in our **body** in **key places**.
- This movement inspiration **expands** into the whole body, with guided prompts and suggestions to deepen, and **explore**.
- **Intentional guidance** provides steps and suggestions to find the level of activation that's good for us.

Unconscious Biases: Personal and Collective Histories are Explored Within The Experience of the Body

- **Conditioning, gender biases, and ingrained societal perspectives.** "*Society, culture, religion, and also our families' and personal histories, can be seen and experienced in our bodies, in how we move and in how we react to movement.*"
- We explore the theme in the body while staying in what is called the **Window of Presence**. There is **enough activation** to be **present, enlivened**, but not so much that one might have a hard time being present.
- Some **boundaries** are good in life and some **limitations** are asking to be **played with** and **expanded**, not for the sake of it, but for the sake of our **life force** and where it wants to go.

Healing and Integration:

- As the beat slows down, we feel our **lineage, culture & history**, and allow waves of **life-force energy** to connect to our **ancestors**, bringing **healing**. As silence settles in, we allow anything that's no longer useful to **dissolve**.

Resources

- ❖ **Website:** [Lucie Nerot](#), [Open Floor](#)



❖ Music: [Tikki Masala](#)

Lucie Nerot





All Trauma & Social Change Presentations are Proudly Sponsored by

Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

OI's Trauma Safe™ Trajectory features a carefully sequenced set of trainings, including the experiential 10-Week End of Trauma™ Course, the HEART@Home™ Coaching Certification, and the OI in-depth overview, PTSD: Post-Trauma System Development course. All courses are available online.



PTSD: Post-Trauma System Development emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

As an Embodiment Conference registrant, receive 50% off Post-Trauma System Development with this Conference's Exclusive Offer. Use coupon code ENJOY when you register. [organicintelligence.org](https://www.organicintelligence.org)