



**Aki Omori: Let's Not "TALK" About Autonomic Nervous System - (Let's Embody it!)**



Aki Omori is a Somatic Movement Therapist, Trauma Therapist (NARM), Body-Mind Centering Practitioner and Yoga Teacher, and she is very passionate about teaching about embodiment of the autonomic nervous system. Explore the autonomic nervous system and what it really feels like when it's embodied, offering an inspiring new way to feel, move and live.

**TOP EMBODIMENT TIP:** Connect with sensations of the different parts of our nervous system through exploration.

Connecting with the autonomic nervous system:

- We start to embody and acknowledge our autonomic nervous system when we connect with it and literally work with it, so we can sense it.
- An exercise to do this is **sensing** the lines of energy of our sympathetic nervous system, and **inviting** our bodies to embody and **move** with those lines, to help us form a connection with our autonomic nervous system.
- **Recognising the embodiment of both our nervous system and our skeletal and muscular bodies, all within the same container of our whole bodies, is what connecting and embodiment is all about.**

Exploration of the autonomic nervous system:

- We can then **explore** the different parts of our autonomic nervous system by connecting with the front and the back sides of the body, by recognising and moving with the fluid exchange from belly-side to back-side, and feeling the gravity between both. This helps us to **connect with and embody the nerves, organs and muscles** that are connected to both parts of our body, originating from evolution.
- This is a movement our bodies recognize from our embryological phase.

Understanding the autonomic nervous system:

- Our bodies developed embryologically with a separate front- and back-side, which, as we grew in the womb, connected through our bodies.
- The parasympathetic nervous system and the vagal nerve have a relationship with the front-side of the body, and are orientated towards feeling.
- The sympathetic nervous system has a relationship with the back-side of the body and is orientated towards sensing.
- We can understand the autonomic nervous system through inward orientation.

Resources

- ❖ **Website:** <http://akiomori.blogspot.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.

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