Giten Tonkov: Meditation as part of Biodynamic Breathwork & Trauma Release

Giten Tonkov, Developer of the BioDynamic Breath & Trauma Release System®, shares body-oriented therapies that he has evolved from over 20 years of learning, exploration and work with countless clients and groups around the world. Giten continually leads practitioner trainings and experiential workshops with creativity, depth and playfulness, while growing the BioDynamic Breath & Trauma Release Institute and its global community. Learn about his approach of meditation as one of the 6 components of this body-oriented therapeutic approach to working with trauma.

TOP EMBODIMENT TIP: Observe your physical sensations and follow them. You will realize that no sensation is permanent. It keeps changing. It keeps flowing. This is a beautiful way to meditate.

Definition: **Meditation is a state of being, which is always present for all of us**
- The BioDynamic Breath & Trauma Release System® just creates space for the meditation to arise naturally. We remove everything that stops this space from manifesting itself. Meditation is one of the components of the system.

Components: **The six elements of this system are Breath, Movement, Touch, Sound, Emotional Expression, Meditation**
- Breath: Deep connected breathing (nose breathing and mouth breathing using the diaphragm).
- Movement: Unwinding movement of the spine (open up the tension that surrounds the spinal column).
- Self-touch: Specific bodywork techniques, working with the seven belts of tension.
- Sound: The vibration of the sound resonates in the throat, goes into the sternum and resonates into the rib cage.
- Emotional Expression: We express and we are open for any form of expression. Anything is welcomed.
- Meditation: Meditation gives us an opportunity to actually witness ourselves without being involved in that witnessing. It's not an activity. It's including everything that's going on for you and being a witness to it.

Outlook: **In BioDynamic Breathwork we approach trauma in the seven belts of tension**
- The guided session at the Embodiment Conference is a very general session. A first taste of a more complex system.
- There is a separate session for different areas of the body where specific body gears are used to a particular part of the body and a specific movement: the seven belts of tension.
- The seven belts of tension are part of Giten's training where he teaches people to work with others virtually.

Resources
- ❖ **Books:** *Feel to Heal – Releasing Trauma Through Body Awareness and Breathwork Practice*
- ❖ **Courses:** BBTR Practitioner Training (just online or combined online and in person)
- ❖ **Individual:** Breathwork Trauma Release Session with Giten Tonkov
- ❖ **Website:** www.biodynamicbreath.com
- ❖ **Social:** Instagram: @biodynamicbreathwork, Facebook: @BioDynamicBreathwork, YouTube: BioDynamic Breathwork & Trauma Release Institute

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Philip Shepherd, TEPP [The Embodied Present Process](#)

the embodied present process

 Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World,* and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

The Embodied Present Process is a unique, gentle, far-reaching series of practices that illuminate those hidden limitations within the body, undo their hold, and newly sensitize you to the present. Discover how an embodied meditation can open you to a whole-body experience of the present in just a few minutes. This transformative practice is one of more than a hundred practices developed by Philip Shepherd, and offers an inner journey you can navigate again for yourself at any time.

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