



## Laura Bruner : Mindfulness Through Movement



Laura Bruner is a woman with a strong mission to inspire holistic health and happiness . Learn how connecting with self, family, the community, and the planet has led to advocating for intuitive movement, nutrition, and connection with the outdoors.

### **TOP EMBODIMENT TIP: Trust and Surrender . Trust your body , The Universe, The Trajectory**

#### Bridging the Gap between Physicality and the Mind : A Embodied Personal Journey

- From being chronically ill and in pain Laura discovered how mindfulness and movement were deeply connected and really about adaptability. Having developed irregular menstrual cycles and chronic pain from years of overtraining and exercise obsession, she turned her life around. With the support of mindfulness and a therapist, her health improved and she was able to conceive a child. She realised flow was a state of being and could be sustainable. Her nomadic lifestyle, living in a Campervan for 18 months with a young child and Partner, has been in direct flow of her healing journey; flow being about becoming the most adaptable version of herself.

#### What is Flow

- It's a guided practice that is done on the ground lying down on your back and can go from 5-30minutes
- Starting the day with intuitive movement that is attuned to what the body is seeking
- Includes having a breath practice that connects the diaphragm and pelvic floor
- Having a growth mindset and willingness to learn
- Attuning deeply and listening to Listening your body's communications and taking time to pause and respond
- Dispelling psychosocial conditioning including beliefs awakens more spaciousness of breath to return to its natural rhythms. The way breath is held often disconnects from our diaphragm. Breath is not being received or being fully released resulting in the body holding onto tension

#### Benefits of a Nomadic Lifestyle

- Provides opportunities to connect with local areas and eat locally and seasonally .
- Exploring outdoor environments and connecting to nature rhythms like sunrise and sunset and weather patterns
- Awakening each day when the body wants to awaken rather than fit an environment with alarms/ deadlines.
- Increases adaptability and trust in the unknown

#### Being with Chronic Pain

- Listening to information the body is giving allows us to adapt our day and be mindful of what our body needs actioning self care throughout the day in compassion for those body parts
- Laura discovered that it was vital to develop a relationship with her pain and to listen deeply to what her body was needing. She discovered that working with breath and sending it to pockets of pain in the body was also beneficial

#### Resources

- ❖ **Website:** [Laura Bruner Gymparty](#)
- ❖ **Instagram:** [@laura.radicalroots](#), **Podcast:** [@modernmamaspodcast](#)



## Laura Brunner





## All Movement & Anatomy Presentations are Proudly Sponsored by [Gil Hedley](#)

**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](http://www.gilhedley.com) and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.



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