



**Sejal S Sood:** Movement Meditation: Sircle by Sejal is an Empowering Movement Meditation Practice that will take you on a Reflective Journey of Movement.



Sejal S Sood is a passionate teacher with 18 years of training in Classical Indian Dance and 15 years in Yoga. Explore the goodness of spiraling in tune with your own teacher.

**TOP EMBODIMENT TIP:** Always come to mind first. Ahead of your skin or layers, because most of the time, that's what is holding us back, and by shedding them, by burying yourself to quiet yourself and almost make yourself empty, that's when all the good stuff comes in. Always take the time to calm your body down, calm your mind down.

**Sircle: An structured practice.**

- There's a sequence that is followed at each session:
  1. Putting the body to sleep in meditation.
  2. Slowly connecting with breath and movement.
  3. Build up into a state of infinite flow.
  4. Go back in to calm down, anchor, ground.
- It's based on repetition; getting lost in it.
- These movements are all created to help you find your infinite spiral.
- Whirling: it's traditional from Turkey, from the whirling dervishes.
- Spinning: freedom, expression.

**Shakti: Not feminine energy limited to the female body.**

- The creative energy we all have inside.
- The infinite spiral we all have inside.
- The expansiveness we all have inside.

**Some Suggestions: Spiral and Repeat**

- **Trust** the process of repeating.
- The more we can **slow down our body, our mind**, and get lost in the **repetition of the movements**, the more we will be able to find our spiral.
- Let the blood flow, the heart beat... That's what life is all about.

**Resources**

- ❖ **Website:** <https://www.sirclebysejal.com>
- ❖ **Social:** [sirclebysejal](#) , **Facebook:** [Sircle by Sejal](#) | **Youtube:** [Sircle Yoga Dance](#)
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## Sejal S Sood





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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.

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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