



Inese Ločmele: Moving into Soft Skills



Inese is a body oriented psychotherapist, the only practitioner of the Grinberg Method (somatic coaching) and Stopping Movement in the Baltic states. She has been teaching self awareness through somatics, movement improvisation and contact improvisation since 2004. Discover a somatic approach to developing soft skills in a practice session with Inese. Extend your creative and physical boundaries through a guided dance-like exercise. Spoiler alert - there's some really nice music coming!

TOP EMBODIMENT TIP: Let your breathing rhythm ground you.

Warm Up: Prepare for the practice

- Pay attention to your body, notice your breath.
- Deepen the breath, become aware of what's around you.
- Practice your imagination - feel, smell, watch.
- Watch imaginary birds flying in your room. Feel how turning the head moves the spine. Close your eyes. How do you feel your eyes, your head, your spine after the bird exercise?

Stopping Movement: The dance-like part of the Grinberg Method

- Move with the music, stop with the beat and search for a new movement with the next beat. Don't plan the next move, release your imagination, follow the impulse from your body.
- Repeat the exercise in a faster rhythm.
- After the exercise pay attention to your breath, your head, your spine.
- Repeat the exercise, focusing on 3 points: mouth, diaphragm, and pelvis and keep breathing fully.
- After the exercise pay attention to your breath, your head, your spine, and your digestive system.
- Repeat the exercise without bending elbows and knees. Try to step out of your comfort zone.
- Moving with the music, change your position from standing up to lying down and back to standing up. First use medium-sized movements, then small movements, then go into large movements with your whole body.

Cool Down: Relaxing and listening to your body after the practice

- Lie down, continue to breathe, relax your body on the floor, let yourself melt.
- Pay attention to your body.
- Reflect on yourself after the session.

Resources:

- ❖ **Website:** somatika.lv/seminari/somatic-treat-online
- ❖ **Social:** facebook.com/somatika.lv



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](#) for details!**

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