



Giri Bek: Multiple Pathways of Embodiment in Recovery



Giri Bek is a Registered Holistic Nutritionist, Yoga Instructor, Chakradance Facilitator and Transformational Breath Trainer. She is the co-developer of the Breathe in Recovery online program, and the creator of the CD, Inner Peace in Recovery. Giri began teaching in rehabilitation centres over 20 years ago. She shares a variety of embodiment practices that have assisted her in her 26+ years of recovery from addiction, trauma and an eating disorder.

TOP EMBODIMENT TIP: Slow down and scan, anytime, anywhere for anyone.

Bumblebee Breath:

- Close the earlobes off using one's thumbs behind each ear lightly and make a humming sound. The tongue should be near the roof of the mouth by the teeth.
- Inhale strongly through the nose and make a “buzzing” sound with the inhale.
- This practice can make an individual feel better faster to help combat intense bouts of anxiety, which can help the urge for a quick fix with drugs.

Transformational Breathwork:

- Giri shares statistics showing the improvement to mood as documented by clients of the rehab. Anger, pain, anxiety, isolation all decreased significantly and joy increased after only 20mins of breathwork in the rehab clients.
- Profound changes were documented in testimonials “I feel I can trust again.” “I felt love for my brother who abused me.” “This is the best drug I’ve ever done.”
- Giri walks us through the practice step by step.
- It is important to be aware if doing this without a practitioner nearby to guide you, to do this step by step, gently and slowly. Feel free to stop if it gets too much or let your mind wander and use her voice as the anchor to guide you back. If you have been disembodied, it’s because the body hasn’t felt safe so coming back to the body too quickly can be triggering so gentleness is key.

Slow Down and Scan:

- Bring the awareness to the breath. Notice a breath, and take a very deep breath into the belly.
- Energy and thoughts should slow, slow, slow down as the brain and breath are connected.
- Scan the body. I start at the feet and work my way up e.g with the inhale notice your feet, exhale and notice that your feet are relaxed. Then inhale and notice your leg, exhale and feel the leg relax.
- Continue all up the body cycling from noticing the body part and bringing awareness and feeling relaxed.

Resources

- ❖ **Website:** [Radiant Health](#).
- ❖ **Social Media:** Facebook: [Radiant Health](#); Instagram: [@giribek](#).



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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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