



Panel: Cross-Cultural Communication Through Embodiment



Discover how embodiment is informed by culture and lends itself to communication on various levels. Tune into an insightful discussion by this panel, about how our culture, place of origin, and travels, interplay with embodiment.

[Alexandra Vilvovskaya](#) Business Coach, Therapist, Tango Teacher.

**TOP EMBODIMENT TIP:** Use your cultural action that means ‘thank you’.

- Our posture and gestures display culturally ‘typical’ embodiment.
- Suffering comes up when cultural expectations are not aligned; feelings show when they come up in the body and communicate something that is often misinterpreted.
- Cultures that value being precise, and doing everything *right*, or not do it, tend to embody a stiff, stressed, leaning forward, and lifting one’s self up. Contrastingly, playfulness is something to be curious about as it opens up our creativity. Living in a culture that is more relaxed helps us invite other qualities to cultivate within ourselves.
- ‘Cultural embodiment’ is wider than ‘cultural trauma’ - however, they are deeply connected.

[Yonatan Martin](#) Psychotherapist, Educator, Healer.

**TOP EMBODIMENT TIP:** Encounter others with less frustration by learning to be in **COAL**.

- Cultural embodiment is *visible* in the way that people move: we can use embodiment to connect us to the culture of a particular place.
- Religion sometimes has a prescription for how to live daily that is very linear; embodiment confronts this. How to reconcile these things? We can take a culture and choose how to apply the discipline that is often prescribed in religions.
- Somatic mindfulness is being aware of my experience from a place of **COAL: Curiosity, Openness, Acceptance and Love**. Practicing COAL helps us encounter others with less frustration and misunderstanding.
- Embodiment can be effective at mirroring and attuning to others, so that we can relate in more comfortable ways.

[Ron de Brito](#) Certified Embodied Facilitator, Empowerment and Compassion Coach and NVC Practitioner and Mediator.

**TOP EMBODIMENT TIP:** Notice closely how you are. Go between tension and relaxation, keep that awareness alive.

- Mannerisms are an example of embodied culture, interpretations of how someone moves (in dance for example) are embedded in cultural lenses. To practice embodiment means, to choose a pattern that lives within us - these become more noticeable when we travel to another place.
- In cultures that do not welcome and sometimes even suppress embodiment, people do not know how to show up as their full selves.
- Choosing the qualities you want to bring into the world is a very powerful practice and it requires embodiment.
- In Western cultures we identify more with verbal in lieu of embodied communication.
- Knowing how to fit in and be part of the group is an embodied experience.



**Alexandra Vilvoskaya**



**Yonatan Martin**





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