



Panel Discussion: At The Intersection of Imagination And Embodiment



Take a journey into your imagination and discover this vital and often underrepresented part of our neurology. Discover why imagination is fundamental to neuroplasticity and to living an embodied life. Explore awareness with the Feldenkrais Method.

Rachel Blackman: Artist, Somatic Educator, Theatre Maker, Trainer, Feldenkrais Practitioner and Mentor.

- Explore why imagination is a vital component to neurology.
- Discover why imagination is not just reserved for creative artist expression.
- Learn why there is movement before we do something.
- Find out how imagination is connected to the motor cortex and sensory functions.
- What is neuroimage mapping and what makes it Jedi stuff?
- Discuss the concept of “if you can't imagine the movement it doesn't exist”.
- Dabble in the magic of-- we don't know what we haven't created yet.
- Why is imagination underestimated?
- Discover the place between worlds and big body intelligence.
- Explore the question -- Is how I am being sustainable?

Carl Rabke: Embodiment Teacher, Feldenkrais and Structural Integration Practitioner

- Embrace why the primary acts of imagination are actually becoming ourselves.
- Explore how much is shaped by our imagination if we allow it to be.
- Discover what the fundamental imagining of walking our own path is and how it creates our uniqueness.
- Find out what the spiral is.
- What is our lunar and solar knowledge?
- Explore the concept of why not knowing is most intimate.

Matthew Carratu | Email: Osteopath, NLP Master Practitioner, Egoscue Practitioner and Coaching and Therapy Channel Manager for the Embodiment Conference

- Explore the moving patterns of a patient.
- Discover the primary mechanism of human expression.
- What are the three brains?
- Understand how the frontal cortex and the motor cortex are intertwined.
- What is meant by everywhere but nowhere ?
- Learn about the guardianship of identity.

Resources

- ❖ **References:** Philip Sheppard; Joanna Macy; Joseph Campbell; Roger Russell; Tiokasin Ghosthorse



Rachel Blackman



Carl Rabke



Matthew Carratu





All Coaching & Therapy Presentations are Proudly Sponsored by

Dylan Newcomb, [UZAZU Embodied Intelligence](#)



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

UZAZU Embodied Intelligence gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you a **comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

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
Embodied Intelligence

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!**