



Jackie Wu: PLAY To Live, Live To PLAY



Jackie Wu brings play into physical therapy and has a passion for learning the best methods of helping the human body heal and function; then teaches that around the world. Learn how to use PLAY in your daily life (or to help others) as a sustainable method for self care and rehabilitation from injuries.

TOP EMBODIMENT TIP: Take a break, get up and play

Using Play: A Form of Therapy

- Play and you'll start to learn more about yourself.
- Don't care about what other people think, play for yourself.
- If you tell yourself you don't want to be there, your brain checks out.
- Adding play and fun into a therapy makes you look forward to it.
- Give a reward and feel better.
- Variety is necessary. The brain shuts down when it gets bored, like counting reps. Play involves the brain.

Injuries:

- **Treat the underlying condition** that Western medicine often ignores.
- Play can teach people how to move despite an injury.
- Find different games where they are having fun.

Overcoming:

- Physical therapy may say *"you shouldn't do that activity anymore,"* which makes people depressed.
- **Don't listen, look at the paralympics - people can do amazing things!**
- If you have the idea in your head that you are screwed, then you're screwed.

Everyday Life:

- **You can incorporate play into all areas of your life.**
- Take a break from working, look out the window and watch the birds
- Play with your eyes

Resources

- ❖ **Website:** strength-therapy.com
- ❖ **Instagram:** [@strength_therapy](https://www.instagram.com/strength_therapy)
- ❖ **Facebook:** [Live to Play](https://www.facebook.com/LiveToPlay)
- ❖ **References:** Theraplay



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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 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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