



**Gina González: Recovering Pulsation and Movement with Soma Moves**



Gina González is the creator of Soma Moves Method, leader of Ser en Movimiento, therapist and teacher in somatic education. In this session explore gentle, relaxing and recalibrating movements, reconnecting to the natural pulsation of life. **Held in Spanish.**

**TOP EMBODIMENT TIP:** Connect with the *other*.

**Soma Movement: An Exploration for Body Movement and Voice**

- This is a process of somatic exploration inspired by asana.
- **Nevertheless, it is not yoga.**
- This is a very gentle method that can be incorporated in your personal or professional practice.
- Wake up your body and feel the reality of each moment- allowing, expressing and connecting, physically and symbolically.
- This practice is an invitation to re-meet life, find our inner rhythms, flows and resonances.
- **Be a body instead of having a body.**

**Pulsation: Expansion - Contraction**

- The basic movement patterns always present in life;
- When we create opposition to this flow, what impact are we creating in our lives?
- Recognize these rhythms and recover the flow.
- **Create moments to relax, re-stabilize your nervous system and increase longevity.**

**Feel and Flow: Reconnect with Your Somatic Reality**

- Increase your movement vocabulary by refining, preserving and reintegrating body and movement.

**Resources:**

- ❖ **Courses:** Soma Moves Method Certification
- ❖ **Website:** [www.movimientosomatico.com](http://www.movimientosomatico.com)
- ❖ **Instagram:** [@soma.move](https://www.instagram.com/soma.move)
- ❖ **Facebook:** [Soma Moves](https://www.facebook.com/Soma.Moves)



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**Leslie Kaminoff**, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

[YogaAnatomy.net](https://YogaAnatomy.net) is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and [YogaAnatomy.net](https://YogaAnatomy.net) has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at [YogaAnatomy.net](https://YogaAnatomy.net) are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.