



**Deborah Jay-Lewin: Regulating the Nervous System, From an Embodied Movement Perspective**



Energy worker disguised as a dance teacher. Explore the importance of recognising when your nervous system is unregulated and experience how you can bring it back into a healthy state through movement.

**TOP EMBODIMENT TIP:** Stay patient and stay curious.

**Window of Presence: Regulation of the Nervous System**

- Our nervous system gets unregulated when there is an accumulation of stress and we are not able to integrate what has happened. It is healthy to be activated. What matters is whether or not we have the capacity to bounce back.
- Outside of the window we have an inability to focus.
- Hypo-arousal: I feel lethargic. It's hard to get myself going emotionally. I feel numb.
- Hyper-arousal: There is a sense of panic, agitation or restlessness. It's an inability to be still.
- When the window of presence is wider, the curious mind is activated and we are not just going into total absorption of a disappointing experience happening.
- We are looking for a healthy relationship with tension. We need to have practices that really work for us right now to help our nervous systems become more regulated.

**Embodied Movement: Why?**

- When we move through the body, the cellular inflammation inside changes.
- Everybody has habits related to the parts of the body they are more comfortable with moving or not. By working through the body, those habits become apparent, and then we have options to open up other channels of movement that affect the neural pathways in the brain.

**Resources**

- ❖ **Deborah's PDF's:** [Music & Links PDF](#) / [Windows of Presence PDF](#)
- ❖ **Website:** [Vitalmoves](#) / [Open Floor International](#)
- ❖ **Courses:** [Foundational Training](#) / [Therapist Track](#) / [Open Floor Calendar](#)



## Deborah Jay-Lewin





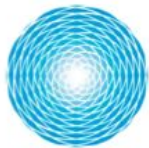
## All Dance & Creativity Presentations are Proudly Sponsored by

Amara Pagano, [PathOfAzul.com](http://PathOfAzul.com)



**Amara Pagano** is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.



azul  
conscious movement

Follow [THIS LINK](#) and receive a 50 minute guided Azul Journey to give you an experience of Azul, a \$100 coupon for our life changing Online Embodiment Training and a free month to our Membership program that will launch in January.

- ❖ Facebook [www.facebook.com/Azul.consciousmovement/](http://www.facebook.com/Azul.consciousmovement/)
- ❖ Instagram [@amarapagano.azul](https://www.instagram.com/amarapagano.azul)