



Vincent Yong: Releasing Somatic Tensions for Self-Healing



Vincent Yong is an award-winning movement artist, analyst, somatic therapist and author. He has presented at the 'MOVEMENT - Brain. Body. Cognition' conference at Harvard University, and helps people live great lives through education and pain therapy. Explore how to release tension instead of fighting it.

TOP EMBODIMENT TIP: We can allow our body to heal if we constantly talk to it. We don't have to wait for something serious to happen.

Flow vs Flow: **Whether you fight gravity, or flow with gravity, gives insights to the status of your health**

- Compression = stress.
- The body is a channel. If we are a closed channel, we are always limiting.

Somatic self-healing framework: **The 4 Rs**

- Recognize that you are not feeling good. Do not ignore cures.
- Release
- Rewire
- Restore

Somatic Awareness: **Observing the tension in your body**

- Where: What direction is the tension pulling? Up, down? Left, right?
- How: What's the intensity?

Explanations of Specific Ailments

- Rheumatoid arthritis is related to what we are fighting, or what we are sacrificing within ourselves, so that we are not allowing ourselves to heal.
- Tension in the shoulders that cannot be released is most likely sensorimotor amnesia, which is the disconnection of the brain and body to a point that the body doesn't feel anymore. The remedy is feeling and sensing again.

Summary: **Flow not force**

- Tensions are early calls for attention by the soma.
- Healing is not haphazard. It has a system: the 4 Rs.
- Healing is systemic. These techniques can also be applied to the emotional and social aspects of wellbeing.

Resources

- ❖ **Books:** Flow: The Art of Creating AbunDance
- ❖ **Social:** @danspirevy
- ❖ **Email:** danspireflow@gmail.com



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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