



## 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.

#### <u>Resources</u>

- Sooks: Flow: The Art of Creating AbunDance
- ✤ Social: @danspirevy
- Email: danspireflow@gmail.com

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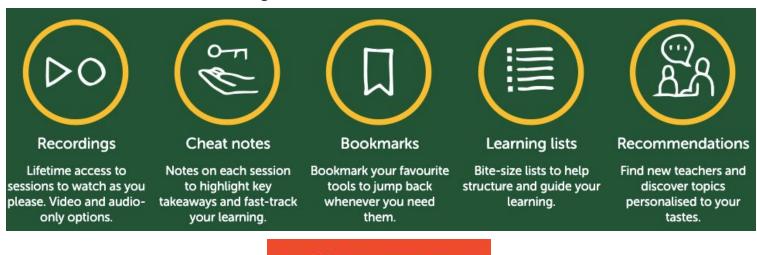
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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the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

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