



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

© 2020 The Embodiment Conference





All Martial & Healing Arts Presentations are Proudly Sponsored by

Rafe Kelley, EvolveMovePlay.com





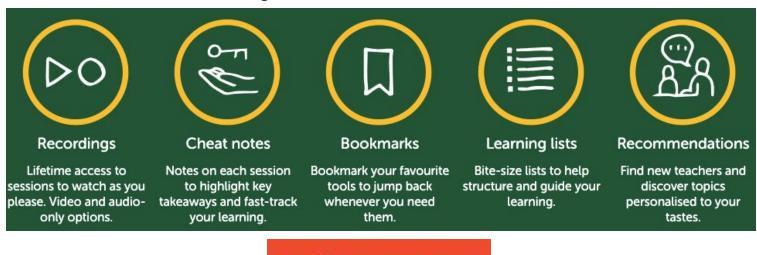
Rafe Kelley and **Evolve Move Play** help you become your most heroic self through movement, mindfulness, nature connection, and community practices.

Evolve Move Play is movement training for humans. Through our ecology of practices, we reconnect to the most meaningful aspects of life. Connect to us through our podcasts, online courses, and retreats.

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.

Accept Rafe's Free Gift → Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the Evolve Move Play Method.

Interested in securing LIFETIME ACCESS to the Embodiment Conference?



Get lifetime access now