



**Yoftahe Manyazewal: Self-Engineering Tools for Times of Social Isolation**



Yoftahe Manyazewal (Happy as he is known by many) is a Wellbeing Entrepreneur, who has combined his two professions as an Architect and Certified Yoga and Meditation Instructor to create his preferred title of “Self Engineer”. He is the Founder and Chief Creative Visionary at Khul Holistic Development Centre and Self Engineering Media. Discover how to connect to the Human Mechanism of the body that is our home.

**TOP EMBODIMENT TIP:** Pay attention to the constant flux of your physical and mental structure.  
Notice what is changing and what you can take out of it.

Awareness Check In and Intention: **Begin with an Inner State Connection Moment**

- Sit or lay in a comfortable posture, relaxed and peaceful, listen to the natural breath of life happening inside us.
- Participate in the breath to deepen and lengthen it and notice the body ground down and relax into it.

Engage the Senses: **Activate each of the Senses in Turn**

- Look around the room as if it were the first time you ever looked at it and fully engage with what you see.
- Listen to the sounds of the environment and notice everything you can hear.
- Swirl your tongue around your mouth and notice what you can taste.
- Smell the air and notice any aromas.
- Feel your environment.

Self Engineering Wellbeing Cocktail: **Join Happy for a Cocktail of Wellbeing Practices**

- Let Happy guide you through a holistic process of experiential learning to expand the aura and human mechanism to engage with and participate in the flux of physical, mental and emotional processes that make us human.

Physical Mental Engagement System: **Join Happy for a Guided Breathwork Practice**

- The breath is the connective tool for all physical and mental engagement with the home of the human body.

Body Space Practice: **Follow Happy Through this Relaxing Body Space Practice to Calm the Body Back Down**

- Body Shake and Sound Vibration Gibberish.
- Body Squeeze and Laughter Release.
- Heart Space Connection.

Resources:

- ❖ **Website:** [Khul Holistic](#).
- ❖ **Social:** Facebook: [Khul Holistic](#); Twitter: [@khul](#)



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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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