



## Eyal Yona Yomin: Sensory Awareness - Getting Back to our Nature



Eyal specializes in mindfulness-based, body-focused therapy, and is trained in Traditional Chinese Medicine, Somatic Experiencing and Sensory Awareness. He is curious and passionate about body-centered practices as a path toward healing, and has experience in various settings, including hospitals, private healthcare and community health centres. Join Eyal on a sensory awareness experience.

**TOP EMBODIMENT TIP:** Become your own teacher and student.

### Sensory Awareness History:

- Eyal's work is based on concepts introduced by **Charlotte Selber**. Charlotte brought her ideas to the United States in the mid 1940s, after studying with Elsa Gendler, the pioneer of this work in Germany.
- Charlotte went on to work with students in the field including DT Suzuki, Peter Levine, Alan Watts and Eric Fromm. Her work resonates throughout the field of embodiment.

### Go Inside Yourself:

- The practice of sensory awareness is a chance to slow down.
- **It helps us to go inside our body and our nervous system in a much deeper way.**
- It is different from the rhythm of our daily life.

### Become your Own Teacher and Student:

- During the practice, you are learning about yourself, and teaching yourself about your own organs.

### Self Awareness Practice: Find a comfortable seated position and join in.

- Eyal prompts the listener to notice different parts of the body, and how subtle movements can influence change.
- The practice is very calm, inviting you to slow down and notice yourself and your interactions with your surroundings. Explore and follow your own curiosities to discover parts of yourself in new ways.

### Resources

- ❖ **Courses:** [sensoryawareness.org](https://sensoryawareness.org)
- ❖ **Website:** [Eyalyona.com](https://Eyalyona.com)
- ❖ **Sign up for updates about future workshops** [HERE](#)



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**Gil Hedley, Ph.D.**, is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

**Integral Anatomy** is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to [www.gilhedley.com](http://www.gilhedley.com) and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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