



Yolanda Iseley: Smiling Meditation and Laughter Yoga: Cultivating Awareness and Joy



Explore the joy to be found in Smiling Meditation and Laughter with Yolanda Iseley- hula-hooper, yogi, dancer, meditator and area organiser for the Glastonbury Festival.

TOP EMBODIMENT TIP: Enjoy it! Have fun with embodiment- don't take it too seriously, just enjoy your body and what you can do with it.

Building Awareness, Keeping it Fun: Enjoy your body and it's sensations

- Notice how you are, how you are feeling, from your head to your toes
- **Look for sensations: don't react,** let them be- what happens if you don't react?
- The only constant is change
- Find the play
- Noticing how hot, how cold, how tense, trying to keep that pinpoint awareness
- Pass your attention over every inch of your skin, every muscle, bone, cell
- Passing that attention around like a soft caress

Relaxation: Instead of just being aware, try to actively relax, starting down in the toes

- Breathe in oxygen, and healing energy
- **Breathe out any tension**, the sigh of relaxation, just let it float away
- You are gently moving your energy around as you move your consciousness around
- Feel yourself supported on the ground, gravity gently dragging you down

Warm Loving Smile: Spread that smile around the body, moving head to toes

- The smile you might give a loved one, a child, a parent- give it to yourself
- Start in the mind, growing the smile
- As you inhale **breathe in the warm loving smile**; as you exhale you **send that smile into the world**
- Be the **best friend your body has**, fill your body with that warm comforting feeling, radiate it out
- Send it out to everyone on your street, city, continent, to the whole world and then bring it back to yourself
- Practice: a **smiling metta** meditation

Laughter Exercise: Grow the smile into a laugh

- Bring it lower down into the body; different types of laughter appear in different places
- Feel it grow, outside yourself or back inside you
- Positively bringing up your energy, **giving yourself that love** that you need
- Also being ready to **send it out;** compassion for yourself and the world.





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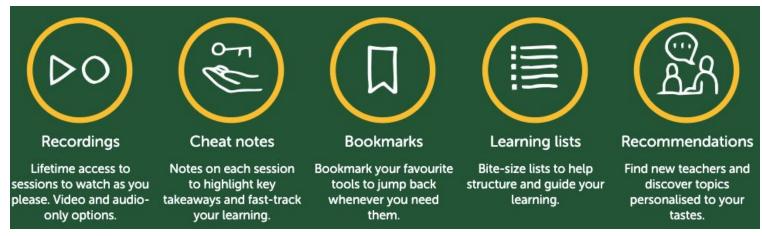
embodied present

Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

The Embodied Present Process is a unique, gentle, far-reaching series of practices that illuminate those hidden limitations within the body, undo their hold, and newly sensitize you to the present. Discover how an embodied meditation can open you to a whole-body experience of the present in just a few minutes. This transformative practice is one of more than a hundred practices developed by Philip Shepherd, and offers an inner journey you can navigate again for yourself at any time.

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