



**Griet Verstraete:** Somatic Breathwork: Releasing Tension in the Body and Reducing Stress



Griet is an Open Floor Embodied Movement teacher, Therapy-in-Motion practitioner and Transformational Breath® Facilitator and Trainer. She facilitates workshops and individual sessions, combining the power of conscious breath and embodied movement. Join Griet for an experiential session to get to know your own Breath better and find out how it can be a resource to regulate and support you.

**TOP EMBODIMENT TIP:**

“One thing I believe about meditation and breathwork is that you limit your experience of both if you imagine that your mind is just the thoughts in your head”

Breathwork: **Calm your mind**

- Your mind permeates your every cell, stirring the energy within your body as an expression of it.
- The most direct route to calm, is to develop the skills that enable you to feel the body's energy, grounded in the spaciousness of the present.
- Consider these questions: How exactly am I breathing? How is my breathing pattern?

Breathing Awareness Exercise **Main Idea**

- Discover the difference between the awareness breathing and the more transformational breathing.
- Consider the question: What would be in image, association, or words that come to describe your breath?

The Spaces of Breath: **More than Lungs**

- Discover and recognize the different breathing spaces we have in our body.
- We have a lot of muscles that are helping to support our breath

Conscious Connected Breathing: **Using Music to Shift the breath**

- *Disclaimer: Avoid if you have any medical conditions: early or unstable pregnancy, glaucoma or detached retina, high blood pressure, cardiovascular disease, history of heart issues or stroke, aneurysms in the brain or the abdomen, uncontrolled thyroid conditions or diabetes, asthma, epilepsy, bipolar disease or schizophrenia or any medical condition that concerns you.*
- *Use to release tension and emotional blockage.*

Resources

- ❖ **Courses:** Somatic Breathwork & Embodied Movement – Fundamentals
- ❖ **Website:** <https://www.soulinmotion.be/>
- ❖ **Social:** [@grietverstraete](https://www.instagram.com/grietverstraete)
- ❖ **References:** Special Offers for Conference <https://www.soulinmotion.be/TEC/>



## All Meditation & Breathwork Presentations are Proudly Sponsored by

Philip Shepherd, TEPP [The Embodied Present Process](#)



**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.

the  
**embodied  
present**  
process

---

### Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
<b>Recordings</b>	<b>Cheat notes</b>	<b>Bookmarks</b>	<b>Learning lists</b>	<b>Recommendations</b>
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)