



Tara Eden: Somatic Movement for Anxiety



Tara Eden is a Somatic Movement Therapist/Educator and Certified Feldenkrais Practitioner. Tara helps people learn how to reconnect to their body and learn from their own embodied experience to discover a unique inner calm and stillness. Tara is sharing an Awareness through Movement practice from the Feldenkrais Method. Feel more of a sense of clarity and presence by using the Feldenkrais Method to support pain management and rehabilitation.

TOP EMBODIMENT TIP: “Lay down on the ground, your floor in my opinion is an incredible resource. It is always there for you, it will always support you and you can always come back to a sense of yourself when you're connecting to the floor.”

Somatic movement: A potent practice

- Somatic movement is a movement practice that focuses on sensations.
- The potency of this practice is what happens to your mind and your nervous system when you direct your attention in a unique way to your sensations.
- It can be an expression or it can be a therapy.
- It is not at all performative or evaluative.

Exploration: Awareness through Movement

- Work with your nervous system to relieve tension in the neck, shoulders, chest and back.
- Explore slow and interesting movements carried out with attention on your sensations to release and relax, improve mobility and enhance your sensory self-image

Resources:

- ❖ **Courses: Workshops, and Immersions** <https://somatic-movement-project.com/schedule/#workshops>
- ❖ **Website:** <https://somatic-movement-project.com/>
- ❖ **Social:** @somatic_movement_project, Facebook: Somatic Movement Project,
- ❖ **Youtube:** <https://www.youtube.com/feldenkraiswithtara>
- ❖ **References:** Feldenkrais Method - “**Movement is life, life is a process.** Improve the quality of the **process** and you improve the quality of **life** itself” – *Moshe Feldenkrais*

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Dedicated to exploring inner space™



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 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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