



## Per Erez: Somatic Yoga Movement Explorations for Stressed out People



Per is a Yoga Teacher & Therapist, Tai Chi, somatic educator, Butoh dance and Director First Person Healing Arts. Join Perez as he shares over 40 minutes of somatic regulating tools.

### **TOP EMBODIMENT TIP:**

“This is the moment to be fully who and what you are. This moment is all you really have, make it count because you might not get another one. “

### Where are your Stressors: Physical, Emotional, Energetic or Psychological?

- Yoga and somatics are tools to regulate these stressors.
- **The body is the mind and the mind is the body.**

### Somatic Practices: Settle Your Systems

- Settling your nervous system, clarifying your attention, disentangling physical, emotional, and mental fatigue.
- Individual body attunements (connection to the back body)
- Collective body harmonizations and connection with other participants
- Visualizations of the "soul (vagus) nerve".

### Connect with the Mantra: “ Ever present, Never Twice the same, Ever Changing, Never less than whole”

### Conscious Practice: Ways we move

- The way we move or can move is directly controlled in part by our sensory motor cortex.
- If you don't have the motor capacity to move in a particular way, you may have forgotten where that space is in your body and brain.
- Somatic movements help you complete that sequence.

### Resources:

- ❖ **Website:** [bareessentialsyoga.com](http://bareessentialsyoga.com)
- ❖ **Courses:** [The Novato Institute for Somatic Research and Training](#)
- ❖ **References:** [Audio & Video Materials](#),



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**Leslie Kaminoff**, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

[YogaAnatomy.net](https://YogaAnatomy.net) is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and [YogaAnatomy.net](https://YogaAnatomy.net) has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at [YogaAnatomy.net](https://YogaAnatomy.net) are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.

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