



**Tania Bosak: TaKeTiNa Rhythm Process: Opening Meditation States Through 'Order on the Edge of Chaos'**



Tania Bosak is a Master TaKeTiNa Rhythm Teacher, Musician, Actor and Founder of ARMM™ - Active Rhythm Music Meditation. Tania founded Pulse Rhythm Events, presenting workshops worldwide involving somatic-rhythm, movement meditation practices, TaKeTiNa Rhythm, and body-oriented neurologically-based therapies for personal evolution and change. Explore primal rhythms as a powerful tool to bring order in the midst of Chaos and Polarity.

**TOP EMBODIMENT TIP:** Embodying and learning with primal rhythmic knowledge is the ultimate invitation to human evolution.

Experiencing the Polarity of the World in TaKeTiNa:

- TaKeTiNa provides an opportunity to **experience being completely in movement and flow, while simultaneously experiencing stillness on the inside**. It works with the polarities of relaxation and tension, chaos and order.
- What is the feeling of letting go, of accepting? What is the feeling of being in a space where you can tangibly experience being active or in a control state of doing, while simultaneously in a state of relaxation or passivity?
- The witness in you is watching and opening your awareness to this polarity. This polarity - this paradoxical state of the world - is what the entire world is made from.

Purpose of TaKeTiNa:

- It works with **opening primal Rhythm Knowledge**, and exploring how rhythm can be used as a powerful tool for the human mind, in terms of flexible collaboration.
- Its main topics include: Curiosity; Observation; Self-Healing; Intuition; Primal Rhythmic Movements; Music/Acoustic Phenomena; Body Rhythms/Physiology; Nature principles; Polarity: Collaboration - Simultaneity - Mindfulness - Going Beyond; Chaos and Order: Working with Stabilisation and Destabilisation.

Phases of TaKeTiNa:

- Starting with **regular pulses**, various rhythms of steps and claps, body awareness and sensomotoric synchronisation, we go on to **add the voice**.
- After the session we go to **stillness**, lying down. We **observe ourselves** in states of disorder or unrest, or in relaxation, or what pulls us out of the rhythm and how we find our way back into it
- It is a stunning experience of being **led into our authentic self**, where we cannot hide. We have to be present because rhythm doesn't lie - you're either in or you're out.
- It is done **playfully**; we do not judge. It is just to be experienced. It's an embodied rhythmic knowledge that's already there, which we use for the purpose of self healing, connection, and community.

Resources

- ❖ **Website:** [taniabosak.com](http://taniabosak.com), [taketina.com.au](http://taketina.com.au) (Australia), [taketina.com](http://taketina.com) (America), [taketina.net](http://taketina.net) (Europe)

## Tania Bosak



**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