



Susan Bauer: Teaching Embodied Anatomy with Teens and Young Adults



Susan is the founder of Embodiment in Education™, a dance/somatic educator and practitioner, and author of *The Embodied Teen*. Discover how to use simple embodied anatomy practices so you can help teens and young adults reinstate a sense of calm in the nervous system, integrate body and mind, and gain compassion for self and others.

TOP EMBODIMENT TIP: Embodiment begins with you. We are teaching with our presence as much as from our words, so explore in your own body and teach from what you know in your own authentic self.

Somatic Movement: **Balancing objective information and subjective experience**

- True knowledge comes from lived experience. Join Susan in a somatic sequence of movements to take you deeply into your body – experiencing the body within, right down to your bones.

Use a Student-Driven Curriculum: **Start with inquiry, and build on their interests**

- Using inquiry and exploration, experience a deepening of awareness and vitality through a somatic exploration of the skin, muscle, and bones.

Balance Sensory and Motor Experience: **Balancing inner sensing and active movement**

- Discussion of the importance of learning to balance the sympathetic and parasympathetic nervous systems, blending them, and combining stillness and movement.

Resources

- ❖ **Books:** *The Embodied Teen*
- ❖ **Website:** <http://www.susanbauer.com>



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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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