



Tapesh Paradiso And Anouk Devi: The Body and Mind Connection in Deep Tissue and Myofascial Bodywork



Tapesh Paradiso And Anouk Devi are founders of the bodywork training organization Alchemy of Touch. Learn in this session how to work safely with deep tissue around points of tension and trigger points, leading the body to release with safety and trust.

TOP EMBODIMENT TIP: Touch as much as you can.

Introduction: **Our Body Is Our Book**

- We are living in a touch-deprived society; it is crucial we create opportunities of touch where possible; this is the language of the body.
- The body is wiser than the mind; if we listen to the body, it will tell us what we need in each moment.

A Gentle Approach: **Welcome The Awareness To The Body**

- Do not force the process of our coming into the body, as this can release cortisol and be re-traumatizing.

Exercise: **Experience The ‘Bliss Body’**

- Guided exploration of sensation that arises through applying pressure on the body.

Anouk Reads Osho: **There Is No Body**

- Approach bodywork practice as if you, and the other has no body; you are both energies and together you mix, melt, merge.

The Bodywork Giver’s Approach: **Self-Care Is Crucial**

- A therapist will quickly become exhausted if they do not put their own needs first; e.g. be physically comfortable.
- Be boundaried.

The Bodywork Receiver’s Approach: **Honour Your Needs**

- Have the agreement that you can communicate, e.g. what you want more/less of

The Bodywork Process: **What Exactly Happens During The Touch Experience**

- With touch, you put emotion in motion and the energy starts to flow.
- In a meditative state, we find the parts of another's body where there is stagnation that requires attention.
- Through touch we can surprise the mind, it begins to release that grip and the body starts to open up safely and naturally.

Resources

- ❖ **Website:** [Alchemy of Touch](#)
- ❖ **Course:** [Free Mini-Course](#)
- ❖ **Facebook:** [Alchemy of Touch](#)
- ❖ **References:** Work of Jean-Claude Guimberteau



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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