



**Russell and Linda Delman: The Embodied Life™: A Doorway to Presence and Meaningful Living**



Russell Delman is the founder of The Embodied Life School, an international Feldenkrais trainer and a life guide. Linda Delman is an international Feldenkrais trainer, Embodied Life School senior faculty member and a Conscious Movement student. Experience profound yet simple practices that will have immediate, accessible benefits for enriching your everyday life.

**TOP EMBODIMENT TIP:** Just realize the power of pausing and stepping off the train of thought. Stepping off the train of doing, stepping out of the current state, and just entering your body and being kind to yourself.

Introduction:

- Most of us are not present most of the time. We are stuck in our thoughts, unhelpful internal dialogue or our to-do list. Connecting with the body brings us present.
- This practice involves **stillness meditation, movement, and learning how to listen to our feelings.**
- It also involves learning how our feelings live in us and how to communicate from what's living inside of us.

Awareness:

- **Finding presence is the key to being aware** and it is only in awareness that we can make new choices and release ourselves from the patterns of the past.
- It begins with being present, which **our body is a doorway.** Presence allows us to be aware, which is the key for human choice or freedom.

Attention:

- Attention is the great ally of awareness.
- **Notice that you are not only in your body, you're also in a much larger space in every moment.** We are in a social and physical environment.
- If we get lost inside our body, especially when we have a strong emotion, thought or physical sensation, we can lose our sense of **spaciousness.**
- **Open your attention outward** - to the space in front, the space behind, the space around you.
- When we are able to sense, see and receive what is around us, receive the other person, receive the situation, receive the atmosphere of this beautiful planet, that we are all here, we feel gratitude. **We feel gratitude for being alive.**

Resources:

- ❖ **Website:** [russelldelman.com/](http://russelldelman.com/)



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Dylan Newcomb, [UZAZU Embodied Intelligence](https://uzazu.org)



**Dylan Newcomb:** Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

**UZAZU Embodied Intelligence** gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you **a comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

**UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21**, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. **Visit [Uzazu.org](https://uzazu.org) for details!**

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