



Lizzie Reumont: Integrating Imagination and Precision in Bodywork and Movement Practises



Lizzie Reumont is a Rolfer, Rolf Movement Practitioner, Yoga Teacher, Mentor and Coach. She has lived over 40 years with an autoimmune disease, through a dramatic pregnancy and liver transplant. Find out about the interplay of imagination and skillful action in movement practises and bodywork. Woven together these two can induce positive change.

TOP EMBODIMENT TIP: Go for a walk in nature everyday without headphones on. Use your hands when sitting, movementwork, if you're seeing your bodyworker, get involved, wake up your own senses to be in your body.

Starting Points and Hindrances: The Importance of Arriving in Body and Surroundings

- Even yoga can be quite harsh and forceful when practised with a rigid mentality.
- In Lizzie's experience many people have a series of **holding patterns** that prevent lasting change. "If the mind is not ready, neither is the body". **The teacher's task is to guide a student to orient and arrive in the environment and in their body. Only then the magic can unfold. Imagination** helps find ways.
- Transform from "disembodied, disoriented, unaware" into "**body is present, there's awareness and the person is resourced for understanding where they are and where they are going**".
- Imagination can unblock archetypal habits patterns that restrict practice.

From Normative Classes to Engaged Participation

- Working with the concept of "**time**" allows us to be more creative. Turn normative 45min yoga class or other bodywork sessions into **awareness-based relationships**. Empower partnerships, based in trust and reciprocity.
- **Client is an engaged participant taking responsibility in the process of positive change.**
- **Suggested protocol for teachers and everyday life:**
 - 1) Arriving, orienting and relaxing into the body;
 - 2) Awakenning 4 planes of the body, exploring the space, invoking participation;
 - 3) Fullness, wholeness, a short intervention, partnership;
 - 4) Rounding down, closure. Guidance instead of instructing.
- Everyone has a need to be **challenged**. This requires a safe space and mutual criteria.
- **Imagination** provides context of safety and exploration in body and openness, but also creates change.

Body is an Expression of Our Inner State of Mind

- Questioning rigid practice and having meaningful ideas to move and unwind in different ways can be truly transformative.
- The solution for our blocked emotions and patterns is partly inside us and unlocked by creativity. **There's always a story in our body** that needs to be heard and seen.

Resources

- ❖ **Books:** The Body Keeps the Score, Bessel van der Kolk.
- ❖ **Website:** freeliz.com



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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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