



Vered Manasse: The Key For Change Lies In Your Uniqueness



Vered Manasse is a somatic therapist with over 25 years of experience. She is a co-founder of the Pantarei Approach, a unique methodology to help clients overcome obstacles and gain clarity. Explore what is unique about you and how to honor uniqueness in yourself and others.

TOP EMBODIMENT TIP: Enjoy your uniqueness, enjoy the uniqueness around you.

Listen to people and let them notice that you're listening and that you enjoy who they are.

Uniqueness: The Pantarei Approach

- Co-founded by Vered, the Pantarei Approach is a somatic therapy wherein practitioners work 1-on-1 with clients, using a combination of touch, movement, and spoken communication.
- The client and practitioner work together to uncover solutions to the challenges the client is facing.
- Vered's vision for the Pantarei Approach is to help bring about a society where we truly allow ourselves to be different, without competing with each other, realizing that there is space for all of our unique qualities and skills.

Variety: Understanding What Makes You Unique

- Get inspired by other people, enjoy other people, but understand you will never be exactly like other people.
- What we view as problems with our personalities are often traits we haven't yet learned to utilize.
- Don't be shy about your passions. Allow space for the things you love to bloom and grow.
- We are always meeting different parts of ourselves in each new situation we experience.

Connection: Become An Expert On Your Own True Being

- Ask yourself what is unique about your experience of love. How do you express it? How do you feel it in your body?
- Listen to yourself, and not just with your ears. Listen with your hands, your heart, your energy, and your sensation.
- Ask people you care about what they love about you. Really listen to their responses.
- Hold space for yourself and everyone around you to be who they truly are. Encourage others to explore their own uniqueness.

Resources:

- ❖ **Website:** pantareiapproach.com
- ❖ **Instagram:** [@learn_pantarei](https://www.instagram.com/learn_pantarei)
- ❖ **Email:** info@learnpantarei.com



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

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