



Samantha Belyea: Wild Spine



Fascinated by the human experience and the very nature of existence, Sam Belyea has transversed through many realms of experiential training, esoteric explorations and academic study. She has developed a profound passion for psycho-somatic integration and living life in deep conversation with nature. Explore somatic movement, breathwork and yoga asana as your invitation to reclaim the potent power & potential that is your wild self.

TOP EMBODIMENT TIP: A daily practice that you love and drops you into you.

General Overview: Intention of Presentation

- 1. **Awaken your connection** to your spine, 2. **Explore tools** that enliven your sensory aliveness, 3. **Learn to resource** your own body for creativity and vitality

Wild Spine Practice: Tuning In (Note that Spotify playlist is in resources for music to accompany movement practice.)

- **Many traditions speak of the spine as the central pathway of knowing.** Connect **with memories of earth**, drawing forth memory of when bodies were within the earth.
- **“Spinal Bath”**- Bathing the spine with breath and visualization of the spine as a central pathway, gateway to evolution, ancestry, and potentially altered states of awareness all held within the center of our spine.

Wild Spine Practice: Movement

- **Subtle movement** - Playing with **undulation and wave of breath**. Feel into **feeling at home in ourselves**.
- **Circle movements** - Exploring new movement patterns, circling and undulating spine through every plane of movement.
- **Feel as an animal** who knows how to move in every direction, every dimension, to **bring back vibrancy into our bodies**.
- **Spiraling** - Find a circle at the base of the tailbone and spiral it up your spine. Give yourself freedom to explore .
- **Free movement** - Explore with undulation, circle, and spiral patterns to see how the spine wants to move. You cannot get this wrong, however you want to liberate and move your body. **Give yourself permission to move and be moved**.
- **Cultivating the yoking of presence** - Let yourself become body full and breathful. Have the spirit of discovery and contemplation like the yogis. Let ourselves **recover this wilder, delightful, center of ourselves**.
- **Weaving Movement Into Static Poses**. Always waking up what is always there: **movement, knowing, sensation, breath**. **Nothing is static, everything is always in movement**. Find a way to circle, spiral within the pose. Waking up our intelligence.

Wild Spine Practice: Breathwork

- Exploring the breath as it ripples throughout the entire body.
- **Remembering that returning to our ancient, wilder, knowing selves is always as close as our next breath**.

Resources

- ❖ **Website:** <http://www.samanthabelyea.com>. **Social:** Instagram: [@samanthabelyea](https://www.instagram.com/samanthabelyea)
- ❖ **Playlist for Presentation:** <https://open.spotify.com/playlist/1X54AfG5PX0zAeAkEy23Ds?si=xsrJrx3ATXS77BsnA1Xrhg>
- ❖ **References:** Final breathwork practice comes from “Continuum” and is the “lunar breath”.



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