



RW Alves: Yoga as a Practice of Body Liberation, Resilience, and Social Justice



RW Alves (she/they), C-IAYT, SEP, E-RYT 500, is a social justice educator, certified yoga therapist, yoga teacher trainer, and Somatic Experiencing Practitioner based in Seattle. In this session, explore turning toward your experiences, your sensations, and your body with curiosity and compassion.

TOP EMBODIMENT TIP: “Support your bodily experience with curiosity and compassion.”

RW Alves: How she/they got here

- Approaching our body and emotions with curiosity and compassion
- Came into yoga to heal their self and their relationship with their body, to cultivate an internal movement expressive practice, rather than an externally based practice
- Queer and fat acceptance/fat liberation/body-positive body liberation
- Trauma in society, trauma in yoga spaces, trauma-healing
- Social justice lens

Trauma: Links

- Dysregulation of the nervous system
- Limiting of ourselves and our own imaginations of our capacities for our lives
- Proximity to power: the ability to define reality for ourselves and everyone else, the ability to shape/influence the institutions and structures of society
- Systems of social hierarchy and injustice are traumatic, circle back to proposed definitions
- Trauma/resilience/trauma healing

Befriending the Body: Feeling and Turning into Ourselves

- Nurturing positivity, regulation, compassion and curiosity for our bodies as they are as a critical component of healing in the face and wake of trauma, and be able to fully show up, create, and live our imagination and dreams
- Identify, notice and shift the internally-held stories the prominent culture has made up about our bodies and abilities

Framework of Practices:

- Yoga Asana System and Philosophy: India, North Africa, Asia (*It is not just about asana!*)
- Invitation to practice, not a command or expectation
- Being curious and compassionate, nurturing our bodies' requests, and getting curious about how our body wants to move; Treating each breath as a new opportunity to witness and listen
- What does your body need to be supported and nourished?

Resources

- ❖ **Courses:** rwalves.com/schedule
- ❖ **Website:** rwalves.com



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YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and

YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

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