

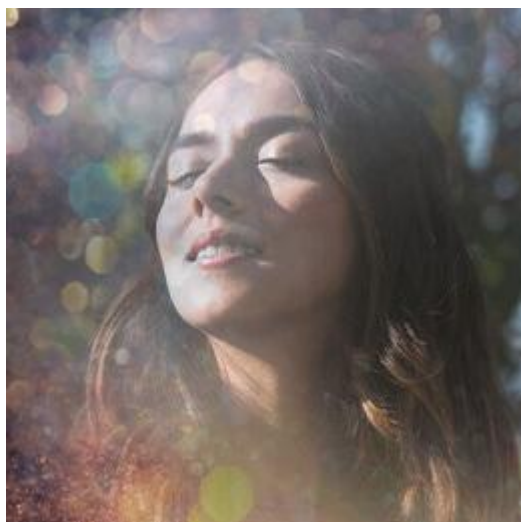
Brian Siddhartha Ingle - Somatic & Osteopathic Movement for Embodied Health 2023

What You'll Discover in These 7 Modules

In this transformational intensive, Brian will guide you through the fundamental skills you'll need to experience a felt sense of freedom within your body. By implementing a somatic formula for healing, you'll activate your ability to release the trauma, stress, fear, and anxiety that's held within your musculoskeletal system.

This course will feature step-by-step teachings and experiential practices with Brian. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to live with greater ease and experience a felt sense of freedom within your own body — by releasing the trauma, stress, fear, and anxiety that's held within your musculoskeletal system.

Module 1: Free Yourself From the Holding Patterns of Bodily Trauma to Create Space for Holistic Physical & Emotional Healing



In this session, you'll gain a solid understanding of the effects that physical trauma has on your body and the guarding that takes place around that.

You'll learn how physical trauma takes root in the body, **how to address the habituated pattern of held trauma**... and how to come out of it by exploring the principles and strategies of embodying somatic awareness.

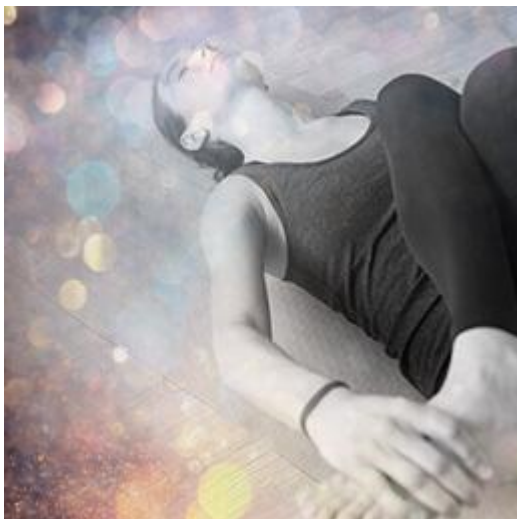
You'll explore a new context for health and how to **create the circumstances that allow healing to take place**.

Brian will also guide you on a journey to **release this habituation** through an embodied clinical somatic movement practice, awareness, and meditations.

In this session, you'll explore:

- A practice to **create a felt sense of calm and homeostasis** by finding a neutral state within yourself
- How to **free your body** from the habituated holding pattern of physical trauma
- How to **create the circumstances that allow healing to take place**
- Brian's formula for healing: **Dis-ease + Embodiment + Health = Healing**
- Why somatic learning is an essential part of the healing process
- The same healing forces that mend broken bones and broken hearts

Module 2: Embody the Muscle of the Soul to Release Trauma, Empower Self-Regulation and Increase Pleasure & Wellbeing



You'll explore the **one area of the body that holds tremendous power over your stress reflexes and their debilitating effects**: the iliopsoas muscle group, which is also called *the muscle of the soul*.

This is the place where much of your trauma and history is stored. When it's working, unburdened by stress and trauma, it enables you to be free in all ways — mind, body, heart, and soul.

You'll also continue to explore the trauma reflex and **learn how emotional trauma can be held in the body and the core**. By addressing your center and how it relates to your back, you'll learn how to free the upper back and neck as it connects to the head.

Brian will also guide you through a somatic awareness journey to discover the deep muscle that flexes the trunk (part of the bending muscle group)... and share how to embody it as a sense organ — just as the tongue is a muscle and a sense organ of taste.

In doing so, you'll begin to shift the narrative of the iliopsoas from a muscle to a sense organ — and an organ of pleasure.

In this module, you'll discover:

- How the upper back and neck **can be freed through the pelvis**
- **The muscle of the soul** — the iliopsoas muscle group, and its role in held patterns of trauma and your freedom
- Ways to embody your ability to self-heal — and **empower self-regulation, health, and wellbeing**
- How the movement of health **feels throughout your system**
- The metabolic embryological forces that grew and developed with you in the womb — **and that have continued to heal you throughout your life**
- How to **calm and balance your autonomic nervous system** by focusing inwardly

Module 3: Calm Your Startle Reflex to Sense Held Patterns of Pain, Fear & Anxiety, Reclaim Muscle & Joint Mobility, and Experience Rejuvenation



Continual low-level anxiety is a significant issue regarding health and how you hold pain in your body. The stress response of anxiety not only affects hormones but also your muscles and joints.

You'll address this pattern of fear and anxiety, and **be led through an embodied clinical practice** to come out of it.

Brian will also share an embodied awareness practice for returning to a neutral place within yourself to regain normal function when wrought with anxiety.

In this module, you'll:

- Learn an embodied clinical movement practice to **free the startle reflex**
- Explore how Sensory Motor Amnesia is **the main causative factor of pain**

- **Discover the general adaptation syndrome** — and how it's the main cause of back pain, as well as the path that brings you out of it
- **Shift from a freeze response** that makes you anxious, fearful, and insecure into a state of rest, repair, and rejuvenation
- Experience an embodied awareness practice for returning to a neutral place within yourself to **regain normal function when wrought with anxiety**
- Dive deeper into the core strategies and principles of somatic movement — and discover how focusing inwardly can calm and balance your nervous system

Module 4: Free Your Startle Reflex to Release Your Breathing Muscles and Activate Your Fluid Body & Its Embryonic Forces of Self-Healing



You'll continue to explore the stress of the startle reflex this module and how it affects your breathing, beginning with **a somatic journey to release the muscles involved in breathing.**

You'll learn how physical breath moves you... and through that process come to know the "fluid body."

From an osteopathic biodynamic viewpoint, the fluid body contains the embryonic forces that developed you while in the womb — *and that heal you as an adult.*

You'll also explore the relationship between the physical body, the physical breath, **and the ebb and flow of the fluid body, which is responsible for self-healing.**

In this module, you'll explore:

- A clinical movement practice to **free your breathing muscles**
- How to work with your fluid body — **and its healing embryonic forces**
- How to **regulate your nervous system** through embodying the breathing process
- The role of an integrated nervous system **in co-regulation with others**
- **How to "unblend" from triggered trauma spots** and lead from "Self" energy
- The relationship between the physical body, breath, and the movement of the fluid body — **which is responsible for self-healing**

Module 5: Release the Patterns of Your Go, Go, Go Reflex to Liberate Yourself From Habituated Pain in Your Back Muscles



Be guided through a powerful embodied clinical practice to release the stress response that's related to fight: your go, go, go reflex.

Brian will also guide you through a somatic journey **to free the habituated contraction of your back muscles and overarching of the lower back** — and share how you can come out of this debilitating extension pattern to regain flexibility, mobility, and greater ease and freedom.

When this group of muscles (called the unbending muscles) is unconsciously held over time, the lower back becomes habitually arched... and in time, causes lower back pain.

You'll also learn how to **embody the front of your spine** as a reference point — a place you can move from and experience life from... and return to as the midline of your rightful embodied home.

In this session, you'll:

- **Experience a clinical somatic movement practice to release your go, go, go reflex** — and free the posterior muscle chain
- Be guided through a somatic journey **to free the habituated contraction of your back muscles** and overarching of the lower back
- Learn how to **feel the structures at the front of the spine** to enable more fluid movement — and a felt sense of home in your body
- Return to a way of being prior to adulthood — when your primary way of learning was through your senses and movement exploration

Module 6: Move From Your Somatic Center to Enhance Felt Physical Freedom in Your Body



In the previous clinical practices, you released the muscles of bending (front trunk muscles), unbending (muscles of the back), and the side muscles. Now you're primed to explore turning or rotation.

In this module, you'll explore how to **apply the strategies of somatic movement to turning while in a seated position.**

Brian teaches that as you learn to move the whole of you (and especially the pelvis) while turning, you'll experience a whole new level of freedom.

You'll also continue the theme of differentiating the fluid energy body from the physical body.

In this session, you'll:

- Move the whole of you and experience a new level of freedom through **a seated somatic movement practice for full-body turning**
- **Ground your movement** through the central axis while improving moving in rotation
- Continue to explore how to differentiate the fluid energy body from the physical body
- Learn how to move from your somatic center to **enable more physical freedom**
- Discover how you can create the circumstances that **activate your ability to self-heal**

Module 7: Access Your Authentic Self-Energy to Build Resilience & Embody Vibrant Health Within Your System



In this session, you'll combine all you've learned: embodied awareness, how to create the circumstances for self-healing, how to work with your fluid body, and more... to activate your body's true capacity for self-healing and self-regulation.

Brian will share why **leading with your authentic self is key to embodied health**, and the importance of building resilience through self-practice, self-care, and a sense of deep integration and wholeness.

You'll also **come home to your embodied way of being** and truly find your authentic self... and from that place, lead with compassion and love.

During the last session, you'll:

- Learn a powerful daily somatic movement practice for accessing your authentic self — and your deeper resources
- **Experience the felt state of embodied wholeness** as you come home to your body and begin to lead from an expanded state of awareness
- Receive valuable resources to **shift into "self-energy"** when you feel disconnected
- Learn how to **develop compassion energy** for yourself and others
- Integrate your mind, body, and spirit **as one functional unit**

REGISTER NOW

The Somatic & Osteopathic Movement for Embodied Health Bonus Collection

In addition to Brian's transformative 7-module virtual course, you'll receive these special bonuses to take your understanding and practice to an even deeper level.

Embodying the Core Clinical Lessons of Hanna Somatics as a Self-Practice

Video Dialogue With Brian Siddhartha Ingle & Eleanor Criswell Hannah



In this conversation between Brian and Eleanor Criswell Hannah, professor emeritus of psychology and former chair of the psychology department at Sonoma State University, you'll discover the science related to Hanna Somatics. You'll find out how the benefits of the clinical hands-on lessons can be acquired through a guided somatic experience *without* the hands-on approach of the therapist. This discussion also focuses on the underlying cause of chronic pain and tension: losing the ability to feel and move easily. As you'll explore in this dialogue and throughout the course, resolving this amnesia enables freedom of movement and the ability to live an embodied, fulfilling life.

Freeing the Hips & Pelvis

Video Teaching From Brian Siddhartha Ingle



The hips and pelvis are often where we hold the most tension, and they're responsible for much of our physical limitations and discomfort. In this guided somatic experience, Brian will teach you to unwind that pattern. You'll learn how to free your hip joints and your pelvis as it relates to your spine. As you'll discover, the key to physical freedom is through the pelvis. Go on a journey to find this key, unlock the benefits, and open the door.

A Journey From Structural Bodywork to Functional Somatic Education

Video Teaching From Brian Siddhartha Ingle



Discover how deep listening and unconditional regard are the foundation to accessing health. This video offers you a demonstration of the hands-on approach to somatic education, and a practical mini-movement lesson you can do at home. Brian also shares his journey from structural bodywork to somatic education, and how listening, both to the client or student, and to the intuitive quest that comes from within the practitioner, builds a session. You'll gain a deeper understanding of the somatic approach to bodywork.