



GS Youngblood - The Art of Embodiment

Why Have a daily Embodiment practice?

It's very simple. You will hear me say it over and over: a daily embodiment practice is the #1 thing a man can do to build his Masculine core.

Embodiment works because it settles you at the nervous system level. When that happens, so much more is possible for you.

You'll feel more grounded. You'll operate more out of intention rather than reaction. You'll be perceived as more authoritative. You'll have more access to your emotions.

And most importantly, you'll be less reactive when your woman gets upset. From this grounded place, you'll become the solid man she's been craving.

INTRO TO "THE ART OF EMBODIMENT" COURSE



"These embodiment exercises are the real deal. They helped me settle my nervous system and that has absolutely made me feel more solid in my relationship."

- Devin G, San Diego CA