

The Mind in Posture Project

NOTE: March 30, 2022:

Please note, this series in design. You may see some changes from what is posted.

Overview

Refine your learning from the Foundations and Fluidity Programs while learning lots of new strategies for cultivating sensory awareness and postural integrity.

Get a deeper sense of your own body and the ultimate motherload of developing an undiluted, present mind.

Every class builds upon those that came before it - integrating and educating your entire body and your whole person.

Who can attend?

- Graduates of Foundations
- Prefer graduates of Fluidity
- Best to take this series in the order Norman's presenting but not required

Initially we said: There are 4 weeks within each segment, creating a 16-week series
Responding to student needs we're modifying Head/Neck/Face to be 8 weeks as indicated below. We'll see from there!

The Mind in Posture Project!	Your Body Segment	Weekly Titles
	I. Head, Neck, and Face (weeks 1-6)	Week #1: Float Towards Heaven Week #2: Road to Coronation Week #3: Refine & Integrate -a Week #4 : Refine & Integrate -b Week #5: Align the Stars Week #6: Atlas Lifts the World Week #7: Refine & Integrate -c Week #8: Refine & Integrate -d
	II. Shoulder Girdle & Arms (weeks tba)	- tba -
	III. Torso (weeks tba)	- tba -
	IV. Pelvis & Legs (weeks tba)	- tba -

About the Mind in Posture Project

Take a tour of 4 segments of your body and all the intimate connections within it

Educate your parts into each other:

- Tone your mind.
- Connect and align your posture.
- Coordinate the relationships between your mind, breath, and body.

Important terms:

- Sensory Roadmap
Use sensation to guide your awareness through your body
- Perceptual anatomy
Develop the skill of directly perceiving your own anatomy

Segment I: Head, Neck, and Face

This is some of the best head, neck, and jaw therapy you're ever gonna get!

Learn new, powerful healing strategies that can address challenges that plague this part of the body.

- Begin the process of improving your relationship with gravity!
Start with the top, l e n g t h e n , decompress, align your posture, and discover more healing for your body.
 - Explore how you can regulate tensions, improve blood flow to your brain, increase attentiveness, and increase balance.
 - Address memory loss, foggy thinking, cognitive imbalances, TMJ-disorders, post-concussive syndrome, whiplash, tinnitus, and many kinds of headaches.
 - Guide yourself towards cranial pelvic self-regulation.
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MiP #1: What are we doing in Float Towards Heaven?

[Register](#) here, if you're ready!



Discover your internal sense of verticality

- Align your head, neck, and body through the crown
- Learn the first set of unique strategies for healing and maintaining a healthy neck. that focus on both posture, healing, and maintenance techniques for a healthy neck
- Learn through your own, delicate touch how to create awareness and deep relaxation from the crown of your head, through your forehead, eyes, cheekbones, and associated sinuses.
- Cultivate postural awareness from the very top of your head.
- Begin to develop an inner sense of guiding yourself towards cranial pelvic self-regulation.
- Learn to perceive your own anatomy and learn from it! (Learn perceptual anatomy)

Every week we're asking this same question, finding new answers.

Why do we cultivate sensory awareness?

Because it balances the sensorium

Increase the powerful medicine of connection, coordination, control; calm your nervous system and heal as you prepare for more classes & programs.

Note:

This class is #2 in your series

You can "drop-in" though you'll get lots more benefit from going through the whole Program in order!

MiP #2: What are we doing in Road to Coronation?

[Register](#) here, if you're ready!



Explore how your chin informs your crown and verticality!

- Connect the 7 Steps of the cervical spine to refine your sense of verticality through the crown of your head. Find 7 steps to bliss!
- Remember your body parts are all in a family? And sometimes we wonder about getting family therapy? Let's explore those relationships . . .
 - What's the relationship between
 - your TMJ and your posture?
 - cranial sacral integrity and your posture?
 - your vagus nerve and facial expression?
- Cultivate a deeper awareness of how the physical reactions that show up in our head, neck, and face communicate ease or stress, safety or emotional discomfort. According to the polyvagal theory, this is called "social engagement."
- Sense the tensions in your eyes, jaw, and sinuses that create whole-body tension – start to be able to initiate intentional changes for whole-body ease and better interactions with others
- Find your quiet because, as we know, quiet informs active

Every week we're asking this same question, finding new answers.

Why do we cultivate sensory awareness?

Because it is at the root of every thought, feeling, action, and emotion

Increase the powerful medicine of connection, coordination, control; calm your nervous system and heal as you prepare for more classes & programs.

MiP #3: Refinement and Integration

Hone the practice you're learning.

MiP #4: What are we doing in Align the Stars?



Find flexibility within the constraints of gravity

- Back to Front – continue to refine and nurture your internal verticality to include the relationship between your forehead and the base of your skull.
- Impact the very important joint in the very center of your skull that's related to your cranial rhythms and numerous health issues. (sphenobasilar joint)
- Find your postural alignment to correct "computer pose" or that "dowagers hump" that can insidiously begin forming even in young adults.
- Gain more tools to enhance the fluid complex surrounding your brain to improve cognitive function, clarity, and calm.
- Increase your vagus nerve connection to your awareness.

Every week we're asking this same question, finding new answers.

Why do we cultivate sensory awareness?

Because sensation can be refined

Increase the powerful medicine of connection, coordination, control; calm your nervous system and heal as you prepare for more classes & programs.

MIP #5: What are we doing in Atlas Lifts the World?



Balance your head with ease

- Impact your TMJ (temporomandibular joint) and other bones and joints in your head and neck along with your ears, the side of your neck, and your atlas bone.
- Release and balance the very top of your cervical spine where your all-important vagus nerve begins its journey through the rest of your body.
- Investigate issues of headaches, blood flow, tinnitus, and refine the balance of your head on the top of your spine.
- Continue to explore quiet ease as we begin to introduce the next segment of our body, our shoulders, arms, and upper chest.

Every week we're asking this same question, finding new answers.

Why do we cultivate sensory awareness?

Because awareness informs qi

Increase the powerful medicine of connection, coordination, control; calm your nervous system and heal as you prepare for more classes & programs.

MiP #6: Refinement and Integration

Hone the practice you're learning in this session