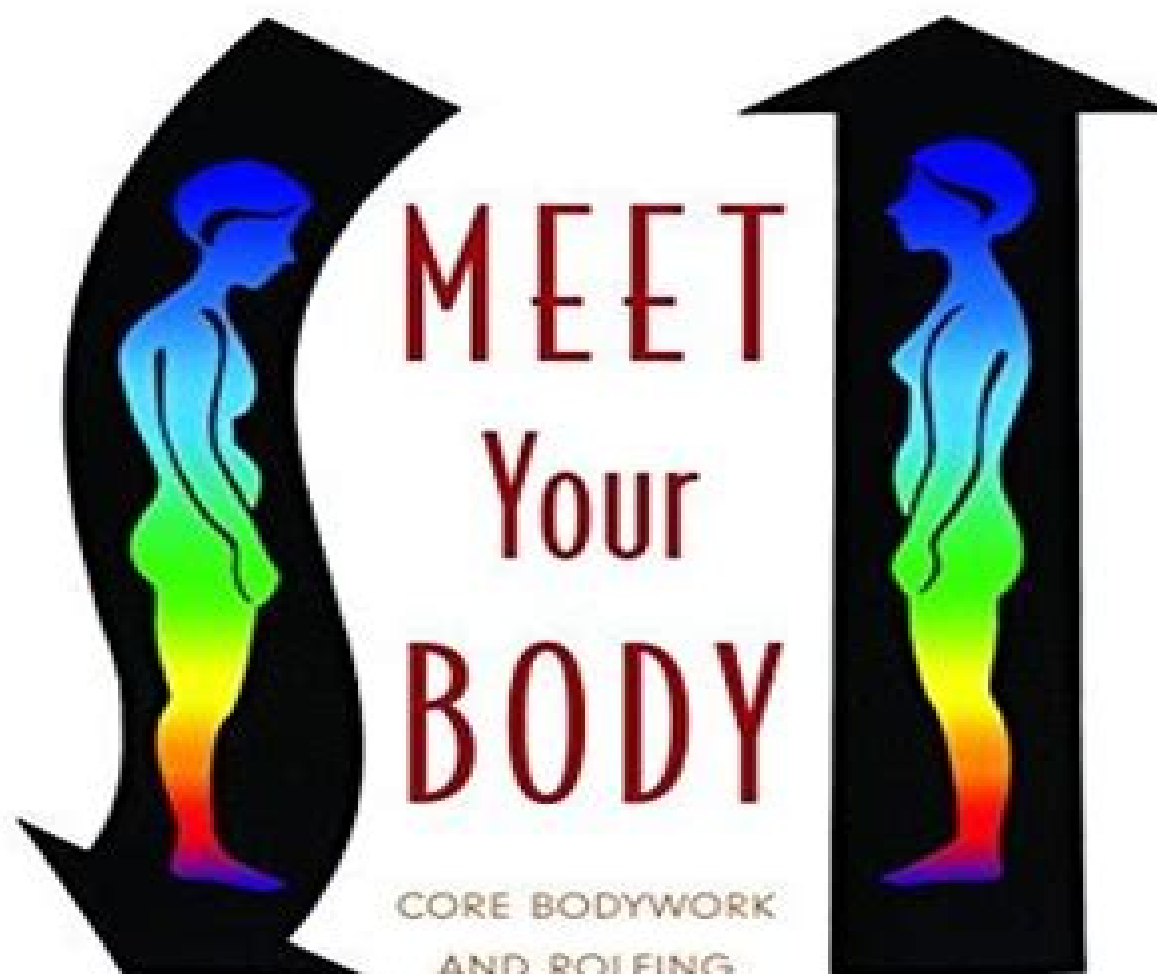




# MEET Your BODY

CORE BODYWORK  
AND ROLFING  
TOOLS TO RELEASE  
BODYMINDCORE TRAUMA

Noah Karrasch  
FOREWORD BY RALPH HARVEY MD

# Meet Your Body Core Bodywork And Rolfing Tools To Release Bodymindcore

**Scott C. Dulebohn**



## **Meet Your Body Core Bodywork And Rolfing Tools To Release Bodymindcore:**

**Meet Your Body** Noah Karrasch, 2009 Many of us hold on to old fears traumas and stresses and allow them to define and frame our lives This book shows how to relieve these problems and help you look and feel better on a profound level Based on the idea that the body is composed of twenty one important hinges Meet Your Body shows how we can oil and free these hinges stretching the body out so we can feel healthy and happy more of the time Noah s therapeutic work is influenced by his background in Rolfing a hands on manipulation of the body s connective tissue designed to enhance posture and freedom of movement From this theory of structural integration Karrasch has developed a focus on the inseparable connection between our minds and our bodies our bodymindcore Guiding the reader through the various hinges of the body from the big toe to the hip to the head the author shows how learning to isolate and stretch these hinges in new ways can lead to a happy bodymindcore making a great difference to overall health and wellbeing Each chapter addresses a particular hinge physically as well as sharing ideas about its emotional component and includes photographs and drawings illustrating a variety of bodymindcore techniques This book offers people with both ordinary and extraordinary body challenges new ideas for how they can make changes in the way their bodies work for them A practical guide to releasing bodymindcore trauma Meet Your Body challenges us all to get in touch with and listen to our bodies to improve our health and overall happiness *Freeing Emotions and Energy Through Myofascial Release* Noah Karrasch, 2012-01-01 Written for bodywork and manual therapy practitioners from a wide variety of disciplines as well as other healers who want to expand their skills this generously illustrated book explains how and where emotions and static energy are held in the body and how they can be released and rebalanced in therapies that challenge bodymindcore awareness **Getting Better at Getting People Better** Noah Karrasch, 2014-10-21 Drawing on a wide range of physical therapies and psychotherapy this practical book takes a practical interdisciplinary look at the fundamentals of healing and good therapeutic practice It includes techniques and ideas about how to communicate with patients and encourage their participation in their own healing The Insightful Body Julie McKay, 2010-07-15 SomaCentric Dialoguing offers therapists effective techniques for improving communication with clients and for helping clients articulate the messages of their body In this accessible introduction to the approach Julie McKay outlines the core techniques describing how they can be applied to make therapeutic sessions more effective *Neural Mechanisms Underlying Movement-Based Embodied Contemplative Practices* Laura Schmalzl, Catherine E. Kerr, 2016-07-05 Relative to the extensive neuroscientific work on seated meditation practices far less studies have investigated the neural mechanisms underlying movement based contemplative practices such as yoga or tai chi Movement based practices have however been found to be effective for relieving the symptoms of several clinical conditions and to elicit measurable changes in physiological neural and behavioral parameters in healthy individuals An important challenge for neuroscience is therefore to advance our understanding of the neurophysiological and neurocognitive mechanisms underlying these observed effects

and this Research Topic aims to make a contribution in this regard It showcases the current state of the art of investigations on movement based practices including yoga tai chi the Feldenkrais Method as well as dance Featured contributions include empirical research proposals of theoretical frameworks as well as novel perspectives on a variety of issues relevant to the field This Research Topic is the first of its kind to specifically attempt a neurophysiological and neurocognitive characterization that spans multiple mindful movement approaches and we trust it will be of interest to basic scientists clinical researchers and contemplative practitioners alike

**Body Intelligence** Ged Sumner,2009 Body Intelligence offers a new understanding of how the body works and leads the reader to a greater sense of wellbeing and an enriched sense of self Experiential exercises guided meditations and movements are provided throughout the book helping the reader to develop improved levels of health and body intelligence

A Guide to Living with Ehlers-Danlos Syndrome (Hypermobility Type) Isobel Knight,2014-12-21 A new edition of this popular guide to living with Ehlers Danlos Syndrome Hypermobility Type With information on all the key aspects of the condition and new material covering changes in terminology and advances in understanding it provides a complete resource to help anyone with EDS HT live life to the full

Integrating Psychodrama and Systemic Constellation Work Karen Carnabucci,Ronald Anderson,2011-10-01 Systemic Constellation Work is a rapidly growing experiential healing process that is being embraced by a variety of helping professionals worldwide This book explores the history principles and methodology of this approach and offers a detailed comparison with psychodrama explaining how each method can enhance the other

**Breath in Action** Rena Cook,Jane Boston,2009-05-15 Breath in Action looks at the significance of breath to human life not just the simple fact that if we stop breathing we die but also the more subtle ways in which our breath interacts with our voice and our being Combining theory with practice many of the chapters also offer clearly laid out breathing exercises and techniques

Awakening Somatic Intelligence Graeme Lynn,2016-10-21 Detailed and original Awakening Somatic Intelligence reveals the potential of somatic learning methods to transform movement using The Alexander Technique The Feldenkrais Method and Hatha Yoga

The Energetic Performer Amanda Brennan,2016-08-18 New anatomical and physiological knowledge is combined with eastern energy techniques and traditional actor training methods as the basis for this pioneering approach to actor training Practical exercises extend understanding of the somatic systems and how to create flexible bodies for truthful performances

**Breaking Free from Persistent Fatigue** Lucie Montpetit,2012-04-15 Many factors of twenty first century life are impacting negatively on our quality of sleep and self restorative functions The pressure for increased productivity less than ideal diet constant technological changes environmental pollution and unrealistic self expectations mean that a growing number of people are suffering from debilitating and persistent fatigue This book explains the body mind balance and how it can be destabilised resulting in fatigue It combines practical ways to measure energy levels and identify stressors with concrete suggestions for how to modify habits detoxify lifestyles and tackle daily challenges head on The author employs her vast professional and

personal experience of conquering Myalgic Encephalomyelitis ME to address the physiological and psychological factors affecting our energy levels from diet and environment to breathing and the internal workings of our bodies This detailed and comprehensive guide offer a fresh outlook for anyone who suffers from general fatigue stress and conditions such as Chronic Fatigue Syndrome Fibromyalgia Sleep Disorders Adjustment Disorder Depression and Temporomandibular Joint Dysfunction as well as the professionals who work with them *A Guide to Living with Hypermobility Syndrome* Isobel Knight,2011 People with Hypermobility Syndrome HMS including Ehlers Danlos type Hypermobility Syndrome have a larger range of joint movement than is typical which can cause pain and fatigue despite an outward appearance of good health This book is the complete guide to living with and managing HMS and ultimately enjoying a fulfilling life The book covers everything from recognising symptoms and obtaining initial diagnosis to living with the condition on a daily basis and managing its negative effects The author who has HMS herself looks at how the condition affects children and adolescents before moving on to explore pain management including the use of physiotherapy pilates and a selected range of complementary health therapies pregnancy physical and psychological aspects of the condition and how it widely affects dancers and other performance artists Wider conditions that encompass Hypermobility Syndrome are also touched upon including Fibromyalgia and IBS This book will be a must for anybody who suffers or suspects they might be suffering from Hypermobility Syndrome It will also be of interest to their families and friends and professionals working with the condition **You Are How You Move** Ged Sumner,2009-04-15 Ged Sumner writes with rich insights into how to begin to think about your body and how to take the steps that will enable you to transform your Chi Kung practice This modern accessible approach to Chi Kung by a highly experienced teacher integrates mind and body and shows you how to become sensitive to yourself **Curves, Twists and Bends** Annette Wellings,Alan Herdman,2009-09-15 This clear and concise book explains what scoliosis is its symptoms and its physical and psychological impact It includes a series of Pilates exercises designed by the authors specifically to promote flexibility posture and muscle strength in scoliosis sufferers and also vital information on what exercises to avoid

*BodyMindCORE Work for the Movement Therapist* Noah Karrasch,2017-05-18 Body and movement awareness is the key to unblocking restrictions in movement and manual therapy This book offers innovative techniques to help clients become aware of their own restrictions and to move through them effectively for more whole body and mind wellbeing Meet Your Body Noah Karrasch,2009-02-15 Many of us hold on to old fears and stresses and allow them to frame our lives This book shows how to relieve these problems and help you look and feel better on a profound level Based on the idea that the body is composed of twenty one main hinges Meet Your Body shows how we can oil and free these hinges so we can feel healthy and happy **Structural Integration and Energy Medicine** Jean Louise Green,2019-01-15 An illustrated guide to the Structural Integration bodywork process and the relationship between body alignment and energy flow Details each of the 10 sessions in the Structural Integration bodywork series explaining what to expect and how to maximize the benefits Explores

the relationship between the energetics of the body and its alignment including a scientific understanding of how gravity affects body alignment Explains how to incorporate essential oils and other holistic support tools as well as the psycho emotional Hellerwork themes When the body s structure is optimally aligned not only does it eliminate pain reduce inflammation and stop the degeneration of joints and discs it also enhances the flow of energy in the body and awakens us to greater mental clarity In this illustrated guide to Dr Ida P Rolf s Structural Integration process Jean Louise Green introduces the principles of Structural Integration and details each of the 10 sessions in the Structural Integration bodywork series explaining what to expect and how to maximize the benefits She explores the relationship between the energetics of the body and its alignment including an advanced scientific understanding of how gravity can become a beneficial force when the body is properly aligned She provides clear accessible descriptions of core concepts such as the Rolf Line and the torus including a detailed explanation of how to access the energetics of the Rolf Line She illustrates the rotation patterns of the body and explains how they contribute to pain and how correcting them may minimize the need for hip and knee replacements She provides movement exercises and support tools for self care and maintenance between sessions and explains optimal body mechanics for moving sitting and standing as well as how to avoid putting stress and strain back into the body This book is an excellent resource guide to accompany a person through their Structural Integration series The author also explores how to incorporate Joseph Heller s psycho emotional Hellerwork themes in the Structural Integration process and looks at holistic support tools such as electromagnetic resonancing far infrared saunas essential oils gratitude practices meditation and the Five Tibetan yogic exercises Offering an energy medicine approach to bodywork this guide provides both practitioners and laypeople with the necessary tools to dramatically increase the efficiency of the body release chronic pain improve mental function and free energy flow

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