

You are your body

All that we experience is felt through our body. Our emotions, relationships and thoughts are recognised, and responded to, by our body. Listening through our body can bring 'present moment awareness' to parts of ourselves which are beyond cognition and conceptual thought. By solely talking 'about our issues' we are often prevented from becoming aware of how to 'live in the moment.' By learning how to give yourself compassion and to have a non-judgmental attitude towards yourself and others there can be an increased sense of empowerment, self-efficacy and a newly felt aliveness. Research has shown that when people pay mindful attention to their body's experience they recover faster, become more empowered to self-manage and feel more whole over time. Courses in The BodyMind Approach® help you to cultivate this moment-to-moment mindful attention to our body. The courses are facilitated in a group format which participants have found extremely supportive.

What happens in the group sessions?

A group session involves talking but integrated with gentle attention to your body. For example, you might be invited to check in to yourself, feeling what is happening in your body as you speak in that moment. This gives you an understanding of how you process things. You may pay attention to your breath and may learn a correct breathing sequence or you might be encouraged to follow an impulse to move by exploring a gesture or posture. Visualisation exercises can help to promote body awareness.

There are no expectations of you, whatever you do it cannot be wrong. Our commitment is to support you to work towards health and wellbeing in order to more easily self-manage your symptoms. The facilitator might start by asking you to feel what the sensations are like being to be in your body, where in the body for example are the symptoms less distressing, whether you tend to avoid being in it due to pain or due to some other symptom. All activities are intended to help you to balance emotions, bodily-felt sensations and thoughts and are tailored to your comfort levels and coping styles.

Moving meditation can help you to discover things of which you are unaware. It teaches you how to listen and learn from your body's the subtle cues, increasing self-awareness and creative problem solving whereby an integration of body, mind and spiritual health can be facilitated. The course provides you with lots of opportunities to take time for yourself, to **slow down** and see what your body can tell you. It is not what you think but what you feel!