



BODY WISDOM

With Jennifer Welch – GM Specialist, Hypnotherapist, Cellular Release Therapist
& Somatic Experiencing Practitioner

THE STRUCTURE OF TODAY'S CLASS

- Opening grounding practice
- Discussion – Why is it important to learn to listen to our body?
 - How your body communicates with you
- Embodiment practice – Connecting with your body's Inner Healer for your weight loss journey

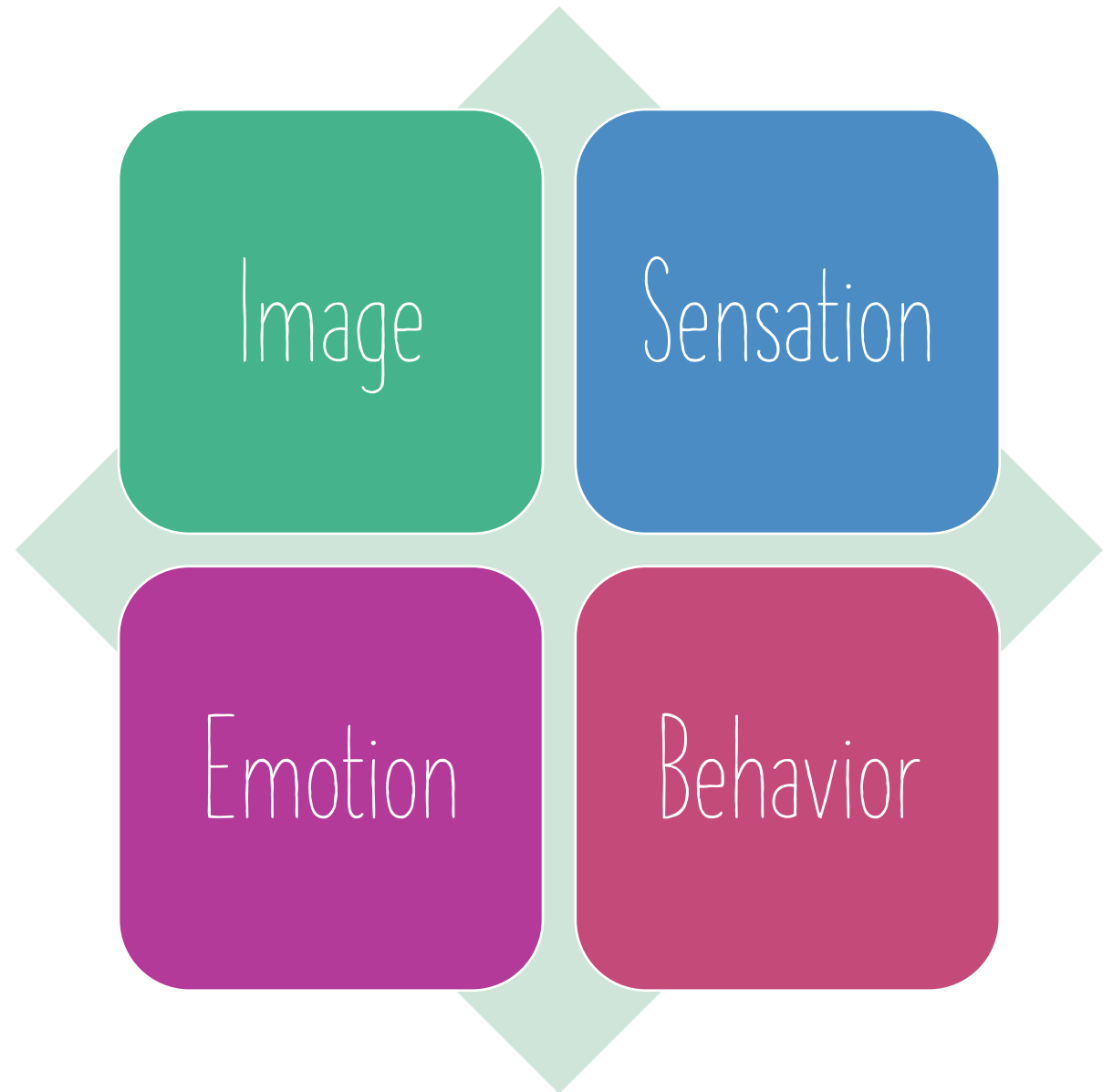
A photograph of a person's bare feet standing on a patch of dry, yellowish-brown grass and sand. The person is wearing a light-colored, possibly white, skirt or dress. A white, hand-drawn style rounded rectangle is superimposed over the center of the image, containing the text 'GROUNDING PRACTICE' in a white, serif font. Below the text is a short, horizontal white line.

GROUNDING PRACTICE

WHY IS IT IMPORTANT TO LEARN TO LISTEN TO THE BODY?

- Most of us live in a disconnected state, dissociated from the wisdom and healing intuition of the body
- Did you know that your body registers and regulates your
 - Physical health and well-being
 - Emotional health and well-being
 - Boundaries - level of comfort, connection and intimacy with ourselves and others
 - Spiritual well-being and practice
 - Presence and pleasure
- If want to work with the body, rather than against it, we need to develop a trusting relationship with the body

HOW DOES THE BODY COMMUNICATE?



IMAGE

- A picture, symbol or scene that represents an internal or external stimulus





SENSATION

An experience that arises from the sense organs

- Warm
- Tingly
- Electric
- Flowing
- Smooth
- Static
- Soft
- Tense
- Relaxed
- Hunger
- Light
- Thirst
- Sharp
- Achy
- Dull
- Chilly
- Cold
- Foggy

EMOTION

An affective state of consciousness which is experienced, as distinguished from cognitive and volitional states of consciousness

- Fear
- Anger
- Sadness
- Rage
- Terror
- Grief
- Shame
- Helplessness
- Guilt
- Hatred
- Happiness
- Contentment
- Joy
- Hope





BEHAVIOR

- Any activity observable from the outside
 - Movements controlled by will
 - Gestures, rocking
 - Emotional expressions such as facial and bodily expressions
 - Postural shifts such as slouching, collapsing, bracing, tilting head
 - Yawning, sweating, tears, burping, tummy gurgles, swallowing, shaking, trembling heart rate acceleration



Learning how to compassionately observe what is happening with the body will give you clues for how to care for it!

A black and white photograph of a person's hands resting on their chest. The hands are positioned with fingers spread, palms facing each other, resting on a light-colored, textured fabric. The image has a soft, slightly blurred quality. Overlaid on the left side of the image is the text "CONNECT WITH BODY WISDOM PRACTICE" in a white, serif font. Below the text is a horizontal teal line.

CONNECT WITH BODY WISDOM PRACTICE

"Each time I experience the unseen wisdom of a person's system, it deepens my trust in the inner process unfolding and my awe at the way we are organized to be protected until the possibility of healing arrives."

— Bonnie Badenoch





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