RELEASE
as an embodied resource

PHYSICAL

A natural function of the body

Exhale can reduce cortisol (the stress hormone)

Somatic release (shaking, rocking, bouncing) can regulate our nervous systems and complete the gestalt

EMOTIONAL

Sighing, crying & laughing are voluntary or involuntary ways our bodies regulate our nervous system

Letting emotions pass through and softening our hearts

4 DIMENSIONS OF EMBODIMENT

SOUL

Surrendering to awe

Not needing to fix or hold on

Resting into the bigger picture

MIND

Releasing rigid beliefs

Accepting a lack of control

Shifting perspectives

Open to new ideas