

Talent Your Body

Talent your Body promotes body awareness and is designed to bring body and mind into harmony so that we can live our lives in a healthy and vital way.

Many people have forgotten the language of their body and act against its needs.

This contradiction can cause many unwanted symptoms. Through attention, my clients learn to listen to their bodies and break the patterns of behaviour that are removing them from a healthy and content life.

In the first session the pain, anxiety or other sensations are described. Through a systematic sequence of attention, movement and breathing, we observe how this sensation appears in everyday situations and how it relates to possible behaviour patterns.

We then apply techniques to recognize these moments and make decisions in accordance with our own needs.

Case Study

Challenge:

Daniel had severe dizziness and constantly had the feeling that he would stagger. He had already had several examinations but the doctors could not find anything and concluded that he was clinically healthy. Daniel suffered more and more from the dizziness and began to withdraw more and more from his social environment.

The way to the goal:

After an initial conversation and first body observation it became clear that Daniel's entire neck and head muscles were stiff. His fear of the dizzy spells and his resulting protective posture had led to further tension in his back. Recognising the way in which his muscles were tense and how he could relax them helped him to become more calm. Moving his legs actively and passively improved his stability and gave him enough strength to walk home on his own. Through further exercises of his shoulders, neck and eyes in the following days it became clear that the tension was caused by a work-related stress situation. In the following sessions we simulated this situation and soon Daniel could recognize when and how he got tense. Through the exercises he learned, he was then able to achieve more flexibility, relax independently the tension and as final result also reduce the stress at work.

Results:

Daniel was able to return to a normal daily routine after only four sessions. Attention helped him to recognize and independently resolve a physical imbalance and limiting behavioural routines. His newly gained vitality made him want to be in contact with family and friends again and he enjoyed more movement and walks in this life.