

“Now is the time
To know
That all you do is sacred
This is the time
For you
To compute the impossibility
That there is anything
But Grace.”
— hafiz
A year of being here

Why?

How?

When?

YIN FOR TEN MILLION²

Why?

— the felt sense, the fascia, time, and trauma.

Embodiment is the conscious awareness of your felt sense of self. This felt sense is developed through interoception. This requires a safe space to allow for tuning into your own body, and the sensations in your body. One can tap into the connections between the fascia and the vagus nerve when breathing deeply and stretching the body. This helps become aware of the sensations, and one will again notice the changes that occur in muscles, organs, and heart rate. It is through the awareness of interoceptive changes that we wake up our internal sense of self. Physical tension in one's muscles and connective tissue is a protective layer that's called armouring in somatic psychology. It's held as a form of memory and will not release until you know that you are safe. When we have experienced emotional trauma or physical injury, we go into shock which restricts movement to ensure our survival. When the vagus nerve is stimulated in a yin yoga practice, the Autonomic Nervous System can move out of the fight and flight response. And, fascia play a key role in transmitting hormones (adrenaline, estrogen, insulin, thyroid hormones, oxytocin) and neurotransmitters (serotonin, dopamine, GABA,

¹ magdalena sedmak guides you openly and gently into your body to find your range of movement.

Somatic yoga is characterized through slow, gentle, and flowing movements that unite body and mind through deep conscious breathing to feel yourself in the present moment. The movement can be seen as an art form that gives the fine tuned, sensible, and dark (subconscious) parts in each of us space to breathe. It is an Eastern inspired practice with a medicinal ground; trauma-informed yoga-inspired movement.

Somatic Yoga.

Soma means „body“ in Greek and „moon“ in Hindu. It is the moon that the qualities of the subconscious are attributed to, that (can be) are expressed through the body. It is these qualities that become noticeable when listening to the body in the present moment is practiced. Daoist and other Philosophies as well as Somatic Experiencing are continuous sources for her way of instructing yoga. The pivoting point(s) are trauma and sensibility; by listening to the body in the present moment.

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² Approximately ten million neurons exist in the body; see sciencedirect.com

acetylcholin) throughout the body. Thus, fascia is intertwined with the Autonomic Nervous System, and stretching the tissue around the fascia can release tension, and support a healthy hormone balance in the body.

There are three times more sensory neurons than motor neurons — thus, fascia has a primary role of communicating information of what's happening in the body to the brain. The tissues of the fascia are meant to expand and contract.

This happens during yin yoga.

How?

Let it all happen to you.

The beauty and the terror.

Just keep going.

No feeling is final.

— rainer maria rilke
*

Sink into the process. There will be deep breathing, sensations, and lightness — and there will be the process to get there.

There is something about the time and space provided by a yin yoga practitioner that allows the body to let go and sink into the sensations that are present. The presence may not be comfortable, but if we are assured that endurance of a pose in stillness — or whatever 'holding' means to you — will be worth it; and one can let go into the discomfort as well...

Ask;

Can you be more gentle (with your body, with your home)? Can you sink more deeply? Can you breathe more fully?

— the nervous system might come up with reasons to escape, or there may be anger, rage, a deep sadness — maybe you can locate it, maybe not. If something feels stagnant, move (into it). **Feel.**³ Make space for that, breathe easy. Then, something in you will give in to gravity, gracefully.

When?

morning

siesta

evening

(See next pgs.)

When there is time/space. In order to give that sense, allow for silence, for listening within.

³ Something more personal on oceans:

When we feel in extremes, we lose our ability to verbalise, hence communicate in the common way, hence relate with others and allow them to relate to us. One way of defining an experience that one cannot put in words is „trauma“.

Anna once said to me three years ago when I lost my brother:

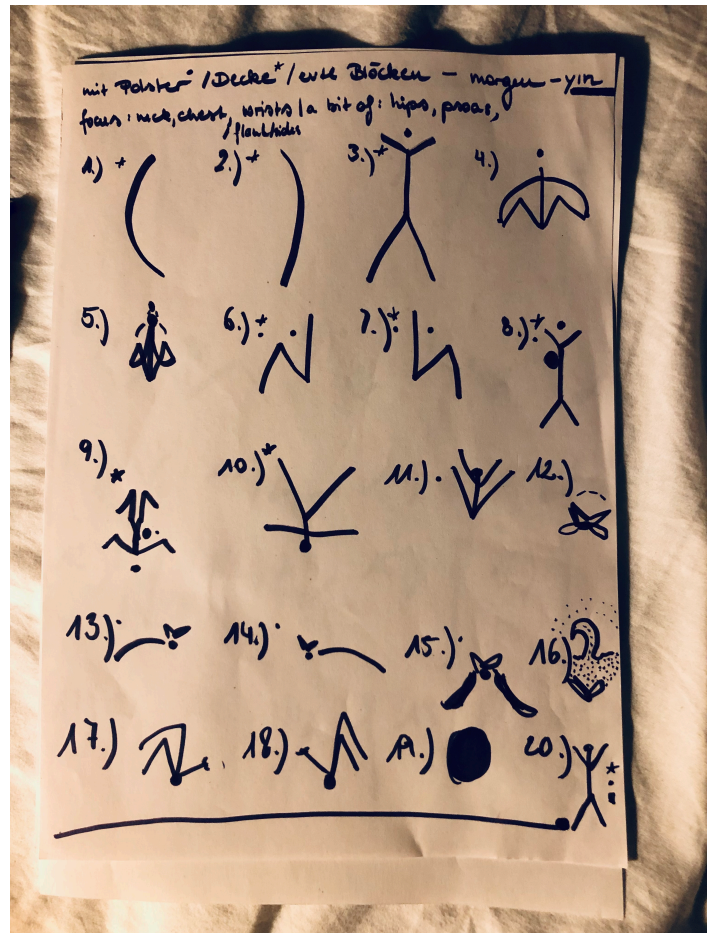
Stay. There are oceans of tears left to cry.

There is life in all its beauty left to experience.

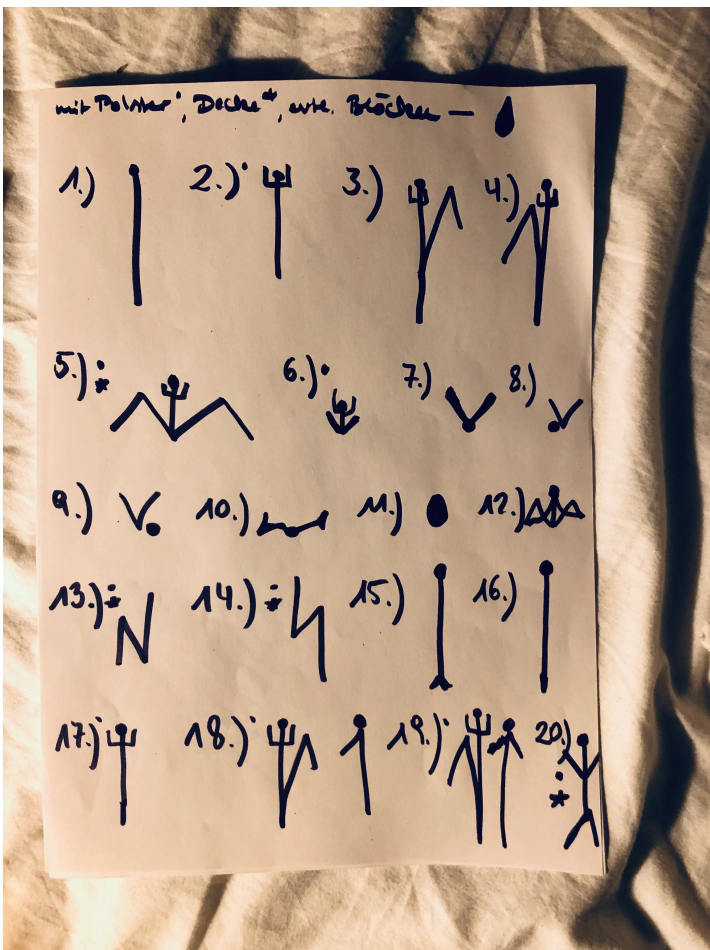
Stay.

There are oceans left.

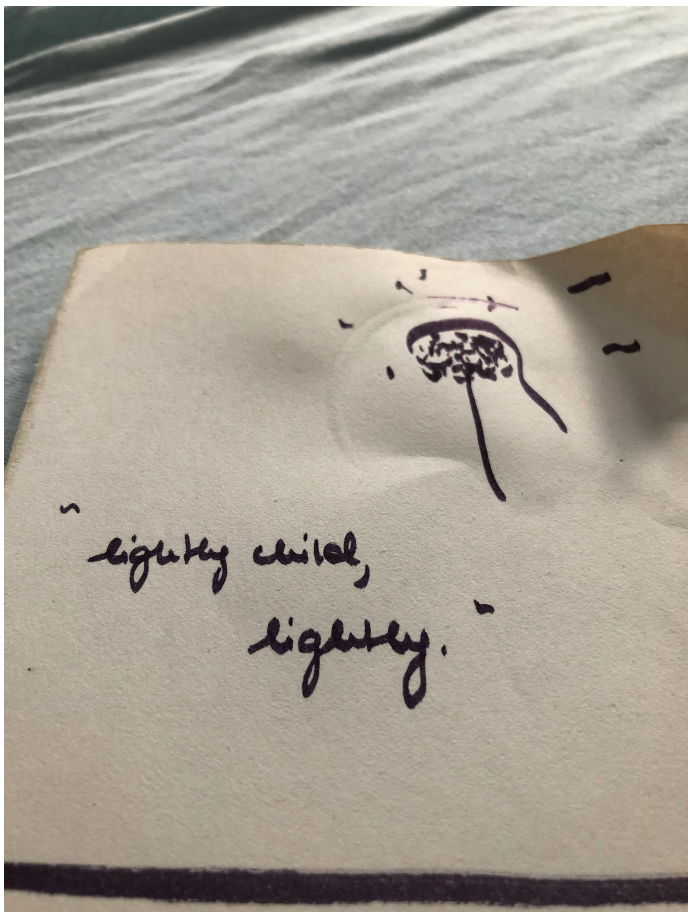
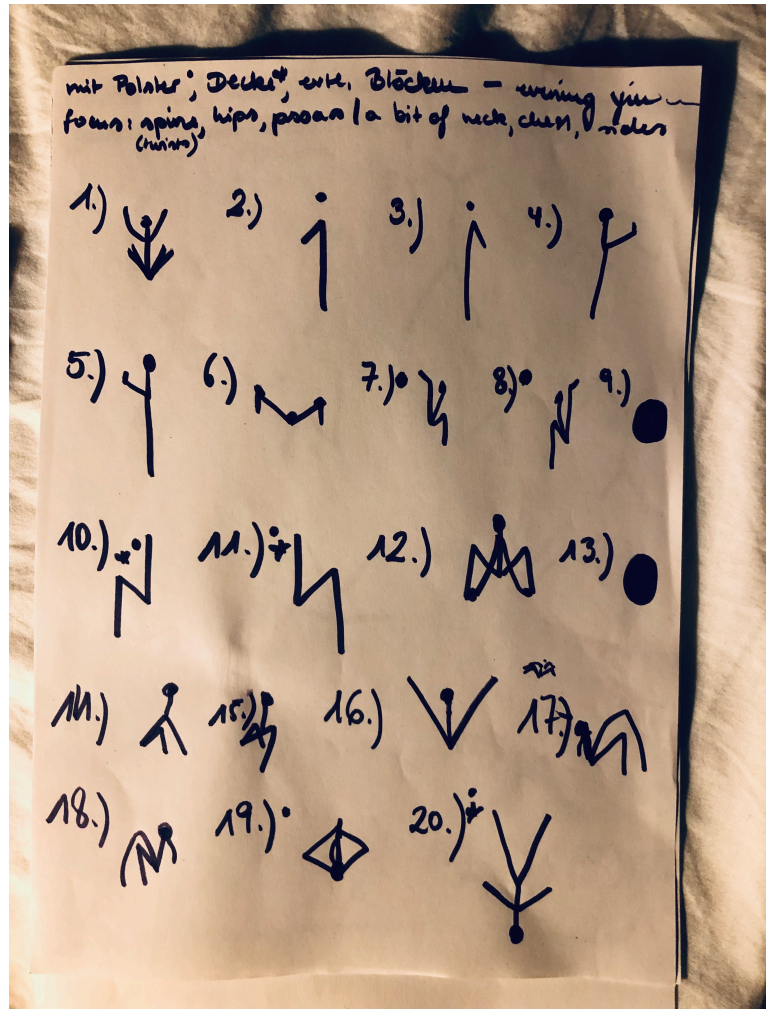
morning yin



siesta



evening yin



And something from Berührungspunkt, for this Sunday. It is a poem that i wrote last December, and sent out on December first. It is a poem about stœpping to sense...

The Path

*Arriving in a place
by walking in yourself
Exploring a landscape
wild and broken
Touched and Un
touched*

*Hidden away
(treasures, secrets)*

Beauty

*Full
and empty*

*Ambivalent
Advent*

Ad - venire

each month anew

*

To new beginnings, and falling into place; falling out of it, falling for something.
Gently, gracefully, gravitationally.