

HOME IN MY BODY - ONLINE COURSE

Moving Heart

Embodied Self-Compassion With ElinMaria Sydänvirta

Welcome spending time with your heart and body in an education developed by ElinMaria. With gentle guidance we'll explore compassionate, mindful and somatic resources for:

- Being at home with yourself, no matter what.
- Resilience and strength from compassion and an embodied approach to life.
- Embody Selfcompassion.

ABOUT

This is an invitation to explore an embodied, compassionated and mindful approach for being and belonging to yourself and this world. We practice how to root our awareness into our body and nourish our heart with practices of self-compassion and care. From an embodied experience we will let us be moved by the inherited wisdom in our body and heart. With a tender and careful space we'll explore meditative and conscious movement as well as a gentle approach to meditation.

CONTENT

The workshop's are build on somatic

- Somatic Selfcompassion® is a radical way to recognize suffering as part of being human and an understanding that being our ally rather than enemy brings us to more constructive and sustainable ways of dealing with life. We practice how to be our friend, also when we need it the most. When we tend to our bodies we can experience empowerment and reclaim some of our birth-right; to be loved and supported. To recognize our whole being, as well our heart and body, is essential for our ability to acknowledge our needs. Compassion is the key to respond with care to any stress.
- Mindfulness is to be aware of what is going on inside the moment and to cultivate the ability to observe without judging. When we practice mindfulness we cultivate an ability to be with what is and step out of our automatic reactions and invite more compassionate responses.
- Embodiment is an approach to integrate our whole being; our mind and body in relation to the earthly matters. We will engage in practices that settle us deeper in relationship with gravity, our hearts, center and breath. While coming at home in our bodies and it's relation to the Earth our perception changes and we get a wider access to what we are.
- Interconnectedness with the Earth and our own Soma gives us support, empowerment and resilience. When we recognize that we literally are a part of the Earth we cultivate a deeper sense of belonging, not only to ourselves but to this world.
- Community and to be connected to other people is a crucial part of the course, as well in online-gatherings. To be included in a community help us as social beings to develop our sense of being at home. The course intend to create space for anyone to be where they are; more introvert or extravert; with the invitation to share space, practices, silence equally important as words.

THEMES

Held by the Earth - Gateway to your body, gravity and earth; Seed.

Heartbeats - Compassion, dance your heart; Nourish.

Centered and connected - Empowerment, integration and intention; Blossom.

Intimate Breath- Affectionate breathing, cellular breathing; Harvest and arrive back home.

Content: Guided practices with Somatic Movement* exploration, (such as Developmental Movement Patterns, Body Mind Centering) Mindfulness, Somatic Self-compassion®, Restorative and releasing practices, Self-regulation, Writing & drawing, Dance improvisation and possibility to share with others.

TIME, PLACE, LANGUAGE

Wednesdays 20.9, 27.9, 4.10, 11.10

20-21.30 Timezoon Finland

19-20.30 Timezoon Sweden

Calculate your local time here:

<https://www.thetimezoneconverter.com>

The gatherings are taking place via zoom. More information and invitations to the zoom-meeting will be sent by email. You can join from where you are; all you need is a floor space enough big that you can sit and lay down.

Language is on English

TRAUMA INFORMED APPROACH

When ElinMaria facilitate mindfulness and Somatics;

- I set up exercises and group processes with room for choice. I encourage and support participants to listen in, take a break and be with their boundaries.

- I integrate compassion in my teaching as a recurring approach to ourselves and each other, both through attitudes and specific exercises. With compassion we can build a ground for inner support in our learning-processes and a sense of belonging - with the possibility for our nervous system to create safety in opposition to those surviving mechanisms our bodies use when we're having stressors.

- When we practice methods where we get more in touch with ourselves, our bodies and each other, I deliberately prevent participants from becoming overwhelmed. In my facilitation, I intend to honor breaks, work slowly, with space to step out of an exercise, to frontload with grounding resources and root us in this present moment so that it can be as safe exploration as possible.

- These courses are not group therapy, but education to support skills for tending to yourself on your day-to-day basis. If you need deep work to heal your past, the invitation is that you reach out for a therapist, teacher, healer, or shaman who specializes in trauma integration work, to help you on your journey.