



transform your relationship to the present moment & yourself

- what is this practice?
- a little note on trauma, stress, anxiety & depression
- key activities, exercises and themes
- what to do when the lesson is over?
- how often should you practice?



What this practice is?



Somatic embodiment mindfulness yoga meditation is a unique combination of ancient health and wellbeing practices that will help you to feel and sense yourself in doing and being right here right now, tuning in to the quiet within and realising the deeper dimension of your being that is connected to the universal consciousness and lie beyond compulsive thinking and conditioning emotions. It is an experiential practice for the deepest state of yourself: the conscious stillness awareness presence – **not thinking but staying awake.**

It is all about connecting to the depth of yourself, the awareness-stillness-spaciousness-presence within. Self-discovery, self-understanding, self-exploration, self-knowledge and growth are the underlying goals of our practice.



This works well for everyone and at any age or stage of life. It involves an easy mix of physical, emotional and energy work appropriate to your age to help balance your physical health, emotional & intellectual integration, awareness and spiritual practice.

I offer a safe, inclusive and therapeutic space where you can explore a wide variety of activities, exercises and themes in a progressively deepening way.

It is for you to:

- develop listening for meaning.
- develop subjective sensory landmarks.
- improve the capacity to adapt and be flexible.
- develop awareness of the inner and outer spaces.
- learn how to explore, understand and manage emotions.
- develop a sense of how better to collaborate with others.
- develop awareness of the different levels of consciousness.
- become aware of the witness attitude and begin to cultivate it.
- enhance concentration and focus, and the capacity for being present.





- refine the senses, internalise them, and develop the kinaesthetic sense.
- develop awareness of the interaction between different parts of the beings.
- understanding the use of oneself, and accept one's own limits and those of others.
- develop a heightened sense of respect, responsibility, trust, self-confidence, patience, concern and awareness for one's own timing or pace and that of others.
- develop awareness of the physical structure, and its interaction with gravity, so as to be able to more effectively use yourselves.
- become aware of breathing patterns and the effects on various parts of your being, and how breath can be used to effect changes within the self.

In short, this practice is a **tool** you can use all your life for self-awareness, self-exploration and self-discovery. It helps you to explore all the different planes of your being.

a little note on your pain body

trauma, stress, anxiety, negativity
unhappiness & depression

Before we make the world with our mind, the world creates our mind. Our interpretation about the world came to us very early in life. When bad things happened to us when we were young, we might still look at the world with the unconscious eyes of a wounded child.

Trauma (the pain body) is **not** the same as:

- suffering
- pain
- fear

Those are natural responses to events.

Trauma is when we get stuck somehow on those events and their impact on us. It is a hidden wound that you carry in you after a painful event. It is NOT what happened to you. Trauma is what is happening in you after what happened to you. You lose contact with yourself as a result of trauma. In short, **trauma is a disconnection.**





**** A child can be wounded by somebody doing a bad thing to them or not meeting a child's essential needs (love, attachment, be accepted and freedom to explore their own emotions).**

Trauma could be seen as:

- an open raw wound: it is painful anytime something or someone touches it. In short, it is easily triggered and you are very sensitive.

and

- a scar tissue with no nerve endings (it wrapped around the wound and you are stuck with it): you cannot feel and sense yourself. In short, you lose the connection to the self.

In short, trauma is a sustaining wound that you are carrying with you. It locks your potential growth to be who you actually are and it is the root of much dissociation and illness in a person.

**** Awareness** is the conscious attention in the present moment.

Stress, anxiety, negativity, unhappiness, depression & trauma change the way we feel and sense ourselves and the world around us. Their imprints show themselves through our postures:

- head and eyes forward and down
- breathing restriction
- back/neck/shoulders being restricted in a particular way,
- abdomen constant contracted
- and more ways in other aspects of our lives.



When this happens over time, we unconsciously habituate to the state of tension. This contraction leads to restricted mobility in which, over time, we then link with pain. We forget how to bring ourself to a state of ease and neurological harmony. We lose touch with our pre-trauma posture when our head and eyes were not forward and down.

Great news: we all have an extraordinary brain and nervous system able to adapt and help us move toward feeling better. It is elastic and capable of change. All it needs is to be reminded of that healthier, more self-nourishing, self-sustaining way.

Our practice helps to create the condition in which we are able to remind our brains about what it feels like to feel better.

activity, exercise & theme 1

compassionate inquiry



I want you to be happy, to be free from whatever it is that is holding you back and be able to fully enjoy your life. This is the place where we have some small chats with simple questions and simple exercises related to your **feelings** and **emotional** state to help you to understand what is going on in you and what has happened to you.

I invite you to do this with curiosity, honesty, creativity, compassion, fearlessness and openness to:

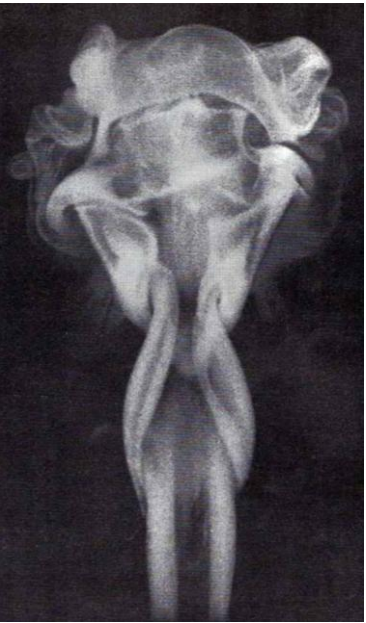
- look into your difficulties, problems and
- look at all life factors, life experiences and perception that all contribute to your issues

So that you get to know yourself, to accept yourself, to love yourself, acknowledge your possibilities and change your life. You are in control of these small chats.

activity, exercise & theme 2

energy movement practice

vibration, space & fluid dynamic



We are not only physical structures but also an energy being. This approach gives you access to your fluid & energy dynamic system and reconnecting you with deeper state of being.

You will be invited to explore from simple sounds such as humming to a little bit more vibration in order to:

- rejuvenate your tissues & your mind
- unlock your tensed structures and your pain.
- soothe and loosen what is stuck, dense & tight.
- optimise your tissues' & nerves' capacity and functions
- access your inner peace and a sense of newness and freshness

activity, exercise & theme 3

space & energy movement practice

embodiment embryological processes & structures



We are more than just physical structures. Apart from bony centres, we also have energetic centres. In the first 8-weeks of our lives (embryo), many things happened that formed us.

Our development in the womb has a universal influence on our physical, perceptual, emotional, and cognitive functioning; that shapes how we bond, defend, learn, organise, and sequence information, and how we relate to ourselves, to others, and to the world.

In this, I invite you to explore the relationship between the consciousness and the physical body structures and its processes.

These help you to bring clear sensation about what is showing up in the present moment, bring presence to every part that formed you and enliven yourself, awakens you to your inner-self!



We will:

- find the energetic source inside yourself.
- learn the anatomy of your physical structure.
- explore the embryological developmental processes of your physical structure.
- feel and sense these invisible structures in your body as it reflects in your body and become the energy of these structures.

activity, exercise & theme 4

release & relax



Small, precise, pain-free guided movement practice to change the internal orientation & organisation of yourself (your posture).

Slow & effortless movements + attention + diagrammatic breathing

Movement is the best language that our nervous system understand. There is primitive primordial & essential movement that actually connects throughout your whole self like the dolphin, whale, serpent, capitellar fern leaves move etc. It is a synergetic relationship through out your whole self. When you feel this connection, you move more efficiently, effortlessly and safely, less injury, stress, anxious and strain. This will bring a positive change the way you are attending and perceiving others and yourself emotionally, cognitively, spiritually and physically.



Just moving slowly + observing yourself + trust the process. The secret of the improvement of your movement (or being flexible, less stiff, less pain) does not come from, digging deep or excavating all the potential movements in your shoulder joints or hip joints or other joints but from becoming **effective connected**.

This approach is all about creating the right condition and new information for you to:

- attending to yourself.
- move more easily and comfortable in challenging situation while maintaining the internal contact with yourself.
- free from pain & involve more of you into the movement.
- organize your movement from the center of yourself and help your whole self acts in a congruence and more coordinated way to reduce unnecessary musculature contraction.
- restore & complete your body image in the brain that had been distorted by pain, anxiety, negativity trauma, depression and unhappiness.
- provide your nervous system the information that it needs in order to spontaneous improve your movement, posture, thinking, feeling and perceiving.



This is the opposite of vigorous or repetitive exercises. In this, you are encouraged to take **rest** in each and every movement and with each movement to do **less** (less work, less effort): one movement, one breath, one moment.



activity, exercise & theme 5

stretch and strength

Yoga postures with physical challenges

You are invited to experience yourself in various challenging forms and shapes. As you are attending to yourself in some postures/gestures that unusual for daily living, you have great chance to get out of your constant thinking state.

It also help to improve your posture, grounding and shaping your energy and anchoring your mind.

It is a very interesting practice where you are playing, exploring, experimenting, inquiring and studying yourself in all different directions and dimension.



activity, exercise & theme 6

Awareness through your body

The **game-like** approach helps to enhance concentration, relaxation and self-knowledge in **children, teens, adults & family**. It helps to explore your body and through your body awaken the consciousness of your entire being and all the parts that form it.

These activities and exercises are focusing on Attention – Concentration-Relaxation and for self-discovery and self-mastery practitioners. You are invited to:

- come into contact with your inner-self & expand your consciousness.
- learn your boundaries and to take responsibility.
- explore different planes of your being and the depth of yourself.
- use your senses in a more complete way, free from judgment and pre-conceived ideas.





activity, exercise & theme 7

formal meditation

In teaching, the Buddha said:

“ when the monks have anger, they are aware there is an anger in me. When the monks experience joy, the monks are aware there is joy in me”.

Another way to say this is you do not identify yourself with emotions and thoughts. You notice that it is in you but it is not you. Being the awareness, being the space in which everything arises and subsides.





Bad news: we are often absorbed by thinking, emotions and other distractions.

Good news: there is a stillness, silent space within you untouched by stress, anxiety or external pressure. In this space, your mind becomes clear and your heart reconnects with its natural state of ease and this is what I would like to for you to experience it.

The core of our meditation practice is for you to discover in yourself the ability to know what is happening in your inner space, either in the level of emotion or on the level of the mind – thinking.

With this ability, you begin see clearly that there is an observing presence within you that goes beyond thoughts, emotions, external pressures that bring you long lasting peace.

activity, exercise & theme 8

small daily moment of being conscious presence
daily mini meditation



Duration: 5 seconds per experiments or longer as your wish.

The nature of thoughts is restlessness. It pulls your attention from the now and you lose yourself. In this, we create a pause, bring attention to the now, bring the awareness into everyday life, into every little action that you do, into the varied challenges of everyday life, In short, be conscious about what you are doing and feel how the deep stillness within you emerges. This stillness, quietness, spacious presence lies beneath the noise of thoughts, emotions and external distractions.

Meditation is not about closing your eyes, go into a quiet room and closing off with life or with troubles. It is a state of your mind – **awake but no thinking** and allow yourself becoming a quiet observer, the consciousness spacious stillness awareness presence that is underlying all sense perceptions and thinking.



These small practices help you to be presence, conscious and peaceful anytime you want. Try out some of these experiments and see how you feel after that. These small daily moment of presence is more powerful than sitting quietly for once a week.

Mini meditation 1: inquiry

Intention: choose to be the presence

- Step 1: pick any action during the day, either walking alone, making a cup of tea, listening to someone talking or having some emotions so on.
- Step 2: let go of the out-come, let go of the expectation of what it should be and not be, let go of time, let go of thinking as you do not need it at the moment.
- Step 3: ask yourself “Can I experience this moment/this action/this feeling without adding any thoughts? Can I fully experience this just as it is without adding any mental commentary on top of it?”
- Step 4: notice what happens during and after this time.

Mini meditation 2: inquiry

Intention: where is my attention?

- Step 1: anytime you aware that the voice in your head is active, either you are monologue or dialogue with yourself (mental chatter), ask yourself where is my attention right now?
- Step 2: see if you can go with your attention into what you are doing at that moment and see what happens?
- Step 3: can you aware that you aware!

Tips: when i aware of my mental chatter is active or super active, i say to myself “PRESENCE or ATTENTION to ATTENTION”. This acts as a signal for me to find my way back to inner peace, calmness and contentment.



Mini meditation 3: 10 seconds

Intention: be comfortable with do nothing, think nothing.



- Step 1: find a way to sit comfortably. Breathing easily and simply. Eyes open or closed (your choice). Hold one finger up as a signal for your mind to be still during the time when your finger is up.
- Step 2: see if you can just be still for 10 seconds without filling up your inner space with anything.
- Step 3: notice what happens during this time. Any changes in the state you're your mind?

Tips: if you are closing your eyes this time, next time try it with eyes open!

Mini meditation 4: 10 seconds

Intention: pay fully attention (this is my favourite exercise!)



- Step 1: anytime in your day, anywhere you choose in any postures you like to be. Choose a tree or cloud or something that you want to look at it. Let's say you chose the tree. See if you can look at the tree and take the tree all in and be still and no thinking for few seconds, the same way the tree takes nutrients from the ground, the sky and around it.
- Step 2: see if you can see the leaves or branches or roots.
- Step 3: choose one area of the tree to focus on. Let say you choose the leaves. Can you also become aware of the space around the leaves too?
- Step 4: as you aware of the leaves and the space around the leaves, what do you notice inside of you (breathing/state of mind etc)?

Mini meditation 5: One conscious breathe (5 or 6 seconds only!)



- Step 1: become aware that the constant stream of thoughts is troubling you and you need it to stop as you are losing yourself in it. Don't believe when your mind tell you that you don't have 5 or 6 seconds for this
- Step 2: choose place and posture that you feel comfortable and at ease in yourself.
- Step 3: eyes opens or closed as your choice and **pay full attention** to one cycle of the air coming into your body and when it is leaving your body.
- Step 4: at the brief moment, realise that you are not thinking.
- Step 5: having 2, 3 or 4 conscious breaths if you enjoy it.
- Step 6: as you are going back to your life, see if you can practise this more often.

Tips: Sometimes I do this as an experiment to see how many times in a day I am in the state of waiting for something to happens (in the future). This helps me to be in the moment very quickly.

How often to do the practice



These main approaches help to deepen, root and ground the life and energy resources that lie deep within you.

Strangely enough, the more we tune in, the more open we are to life with much more comfort and ease. It might not appear as such when you first start but it will with practice and perseverance.

You can do the practice as often as you like. Ideally, take a break of at least one hour between each lesson so your brain and body have time to absorb and integrate the new learning.

If you do them consistently you will enjoy a process of steady improvement.

What to do when the lesson is over

how to maximise the benefits



When you do your practice, some of your old, habitual patterns become released, and your brain and body have an opportunity to access new options for your posture, movement, self-use, thinking and feeling (perception).

When you finish your practice, you may notice a wide range of changes and improvements in your body and posture, ease and range of movement, breathing, a natural flow and sense of well-being.

To enjoy the fullest rewards, when the practice is over, take some time to **notice** the **changes** that have taken place. Your awareness in the hours immediately following a practice is powerful and can help to maximise the practice's effectiveness.



After doing a lesson, pay attention to yourself in a relaxed, non-critical way. You can support the new learning and improvements that have taken place by resting or going for a relaxing walk.

Please wear good shoes and avoid carrying a heavy bag. Check in with yourself occasionally to notice changes in the way you move, breathe, think, and feel.

The benefits of the practice may be diminished if you go immediately into a stressful situation in which you are unable to pay attention to yourself.

last few words

There are more activities and excises that I will use in our lessons together but I cannot put all them down in words, but they are all there for you to transform relationship to yourself. Below are some things I have learnt by heart:



- pay attention to the tension.
- stay present and see how the past shows up.
- don't be loyal to your suffering. You can be aware of it, hold the memory of it but do not let it affect your present moment, don't let it determine who you are and its impact on your eternal state.

I hope this practice we are going to do together will give you an insight into yourself and improve your bodymind's health and what I am sharing has some meaning to you.

Thank you for choosing to work on yourself. Have a fantastic day and I look forward very much to seeing you at our lessons! Uyen 😊

Disclaimer:

uyen somatic embodiment mindfulness yoga meditation practice is not a substitute for medical or mental health treatment. If you have a medical or mental health condition, please consult your health care specialist about using these programmes.

I cannot offer any warranty for the effectiveness of the lessons.

Wishing you a wonderful time to work on yourself!

