



uyen somatic embodiment mindfulness yoga meditation
the practice of attention, concentration, awareness & presence



User's Guide

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

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 & direct bone stimulation



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:

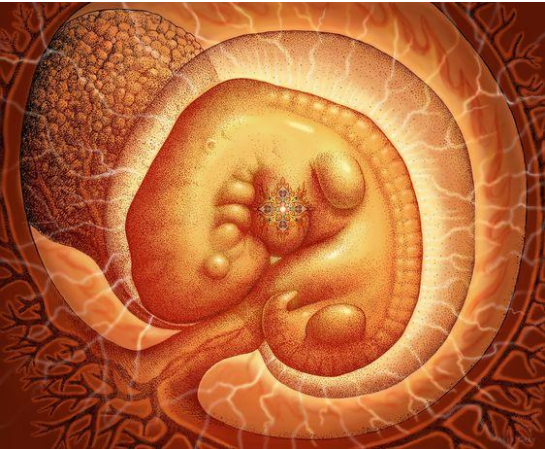
- rejuvenate your tissues & your mind
- unlock your tensed structures and your pain.
- soothe and loosen what is stuck, dense & tight.
- optimise your tissues' & nerves' capacity and functions
- access your inner peace and a sense of newness and freshness

This is very helpful for those who are going through menopause and trauma releasing work.

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!

activity, exercise & theme 4

These guided movements and yoga poses are small, precise, pain-free. Their purpose is to:

- Improve your posture and breathing by enhancing your internal orientation and organization.
- Help shift you from a state of chaos to a state of clarity, calm, and peace.
- Transform your relationship with the present moment—and with yourself.

This practice is a combination of:

- Slow, effortless movements and yoga poses
- Focused attention
- Diaphragmatic (deep belly) breathing



For your success, you are invited to:

- Pay attention to your sensory and kinesthetic experiences—explore different sensations through varied movements.
- Prioritize the process, not the movement itself. It's not the movement alone that creates lasting positive change in your brain.
- Learn from errors. This allows your brain to reorganize and discover more effective ways to move, breathe, and simply be.
- Make movements small and go slowly.
- Do only what feels easy. Avoid pain and discomfort.
- Pause between each movement. Let every action feel new. Give full attention to each movement rather than repeating it mindlessly.
- Notice where you can reduce effort throughout your entire body.



These principles give your brain and nervous system the time they need to adjust and recalibrate your neuromuscular effort. And don't worry, I will gently remind you of these during our class together.



activity, exercise & theme 5

stretch, strength & balance

Yoga postures with physical challenges

You are invited to experience yourself in various challenging forms and shapes. This class is for those who like a physical challenge practice with postures (yoga poses) that you have not often done in your daily life.



This approach is planning around directing stimulation into your bones to release the hormones from the bone to help regulate blood sugar, ease fight or flight states of mind and improve your bone quality which is greatly reduce many menopausal symptoms. It is also improving the balance on both side of your body and coordination and develop your sense of internal connections.



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

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

Daily Mini Meditation

The nature of thought is restlessness. It constantly pulls your attention away from the present moment, and in doing so, you lose connection with yourself. This practice invites you to pause, release inner resistance to the present moment, and return your awareness to the now. It brings mindfulness into daily life - into every small action, and into the many challenges you may face.

Beneath the noise of thoughts, emotions, and distractions, there is a still, quiet, spacious presence waiting to be noticed. Meditation isn't about closing your eyes, sitting in a silent room, or escaping your life's challenges. Rather, it is a shift in the state of your mind—awake but without mental chatter—becoming silent awareness itself, welcoming whatever arises in the present moment.

These small practices help you become present, conscious, and peaceful—whenever you choose. Try a few of these little experiments for **10 seconds** or as long as you wish and notice how you feel afterward. In my experience, these brief, mindful pauses each day are far more powerful than sitting quietly for an hour once a week.



Mini Meditation 1: Inquiry

Intention: Choose to be present as conscious awareness.

Step 1: Select any moment during your day—perhaps walking alone, making a cup of tea, listening to someone speak, or experiencing an emotion.

Step 2: Let go of the outcome. Let go of expectations about what this moment should or shouldn't be. Release your sense of time. Let go of thinking—you don't need it right now.

Step 3: Ask yourself:

“Can I experience this moment—this action or this feeling—without adding any thoughts? Can I fully be with this, just as it is, without layering mental commentary on top of it?”

Step 4: Simply notice what unfolds during and after this moment.



Mini Meditation 2: Your Breath



Intention: To invite a brief moment of stillness and non-thinking—anytime, anywhere.

Step 1: Recognize when your awareness is caught up in thoughts about the future or the past, and you’ve become lost in doing and thinking.

Step 2: In any position—with your eyes open or closed—bring your attention to your breath. Feel the breath with your whole body as if your entire being is the breathing.

Step 3: Become aware that you are aware.

Mini Meditation 3: Inquiry

Intention: Where is my attention?

Step 1: Anytime you notice that the voice in your head is active—whether you're engaged in internal monologue or mental dialogue—ask yourself: *Where is my attention right now?*

Step 2: Gently shift your attention to what you are doing in that very moment. Observe what changes when you do.

Step 3: Can you be aware that you are aware?

Tip: When I notice that my mental chatter is active—or even overactive—I quietly say to myself: “*PRESENCE*” or “*ATTENTION TO ATTENTION.*” This acts as a cue to return to the present where I can find the inner peace, calm, and contentment.



Mini Meditation 4: 10 Seconds



Intention: Become comfortable doing nothing, thinking nothing.

Step 1: Find a comfortable way to sit. Breathe naturally and effortlessly. Keep your eyes open or closed—whichever you prefer. Hold one finger up as a signal to your mind to remain still for the duration.

Step 2: See if you can simply be still for 10 seconds without filling your inner space with anything.

Step 3: Notice what happens during this time. Did anything shift in the state of your mind?

Tip: If you closed your eyes this time, try it next time with your eyes open!

Mini Meditation 5: Full Attention & Space/Gap

Intention: observe an object as it enters my consciousness through sense perception—before any thoughts arise. (*This is my favourite exercise!*)



Step 1: At any time during your day, in any posture you like, choose something in your environment to focus on—a tree, a cloud, or anything that draws you in. Let's say you choose a tree. See if you can look at the tree, take it all in, and be still without thinking for a few seconds—just as the tree quietly absorbs nutrients from the earth, sky, and all around it.

Step 2: See if you can notice the leaves, the branches, or even the roots.

Step 3: Choose one part of the tree to focus on—let's say the leaves. Can you also become aware of the space around the leaves?

Step 4: As you stay aware of the leaves and the space around them, notice what shifts inside of you—your breath, your state of mind, your sense of stillness.

How Often to Practice

This practice helps you deepen, root, and ground the life force and energy resources that lie deep within you. Interestingly, the more we tune in, the more open we become to life—with greater comfort and ease.

This might not be obvious at first, but with consistent practice and perseverance, it will become clear.

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

With regular practice, you'll experience steady and meaningful improvement.



What to Do After the Lesson to Maximise the Benefits



During your practice, some of your old, habitual patterns are released, giving your brain and body the opportunity to access new options for posture, movement, self-use, thinking, and feeling (perception).

When you finish your practice, you may notice a range of changes and improvements—such as better posture, increased ease and range of movement, deeper breathing, a sense of natural flow, and overall well-being.

To gain the greatest benefit, take some time afterward to notice these changes. Your awareness in the hours following a practice is especially powerful and can significantly enhance the practice's effectiveness. You can support the new learning and integration by resting or taking a gentle, relaxing walk.

The benefits may be reduced if you immediately enter a stressful situation where you're unable to maintain self-awareness.

Final Thoughts

There are many more activities and exercises we'll explore together during our lessons. While I can't put all of them into words, each one is designed to help you deepen your relationship with yourself.

Here are a few truths I've come to hold close:

- Pay attention to the tension.
- Release inner resistance to whatever the present moment brings. Doing this alone can reduce more than 50% of the tension I used to carry.
- Don't be loyal to your suffering. Acknowledge it, remember it if needed, but don't let it define your present moment or determine who you are. Don't let it shape your eternal self.

I hope this practice we're about to begin gives you insight into yourself, supports your bodymind's well-being, and brings meaning to your journey. Thank you for choosing to work on yourself. Have a fantastic day, and I truly look forward to seeing you in our lessons! Uyen 😊

Disclaimer:

Uyen's Somatic Embodiment Mindfulness Yoga Meditation Practice is not a substitute for medical or mental health care. If you have a medical or mental health condition, please consult your healthcare provider before engaging in these programs. No guarantees are offered regarding the effectiveness of the lessons.

