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Somatic Learning teaches embodied  
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intelligence"—Part VIII. "Thought is of

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time, intelligence is not of time.

Intelligence is immeasurable"—Part VII.

“Intelligence comes into being when the mind, the heart and the body are really harmonious”—Part VIII. “Is there the awakening of that intelligence? If there is ... then it will operate,

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Somatic Awakening is the conscious feeling, sensing, and engaging with what's coming up from our bodies, from the deepest parts of self, and "awakening" to it. Only when we are "awake" can we accept, understand, and transform.

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three-centered process of descending through the three different lenses of perception: Mental, Emotional and Physical. The Somatic or Physical center is the most difficult to access, based on its automatic, subcortical, highly conditioned survival strategies.

### **Awakening the Soma | Marion**



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Awakening somatic intelligence :  
understanding, learning and practicing  
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method and Hatha yoga. [Graeme Lynn]  
-- ALEXANDER TECHNIQUE. Focussing on  
distinct body practice from a range of

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different methods, Graeme Lynn demonstrates how to use the physical body to encourage general health and wellbeing.

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