

A close-up photograph of a person's eyes, showing light-colored irises and dark eyelashes. The eyes are looking slightly to the right. The skin around the eyes is fair and has a natural texture.

# **CENTRING: Managing Stress & Anxiety With The Body**

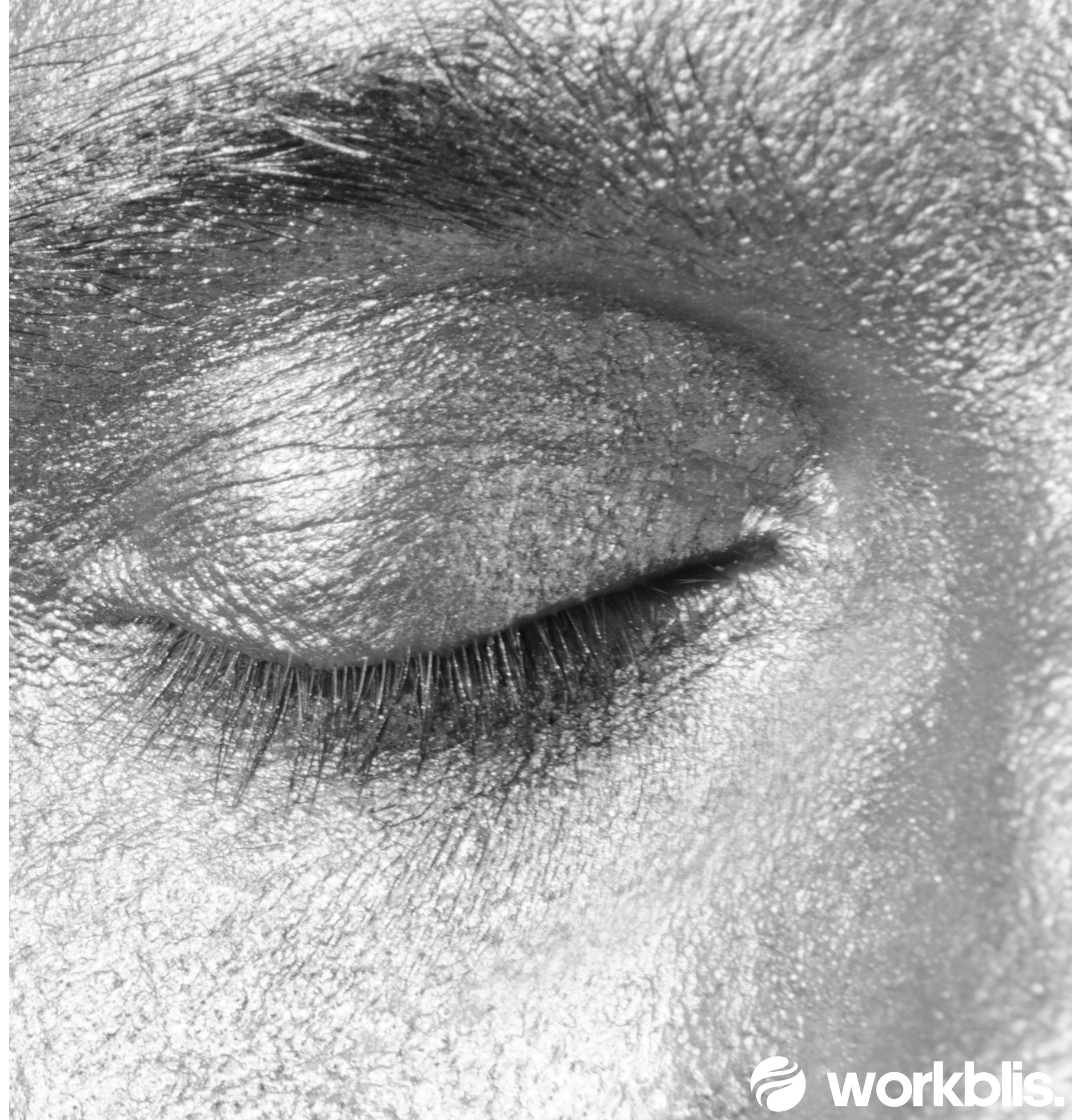
Centring is a collection of body-mind techniques used for self-regulation that brings us back into holistic balance. At its core, being stressed is a bodily response therefore we need bodily tools to work with it.

We cannot simply talk or think ourselves out of tense muscles, increased heart-rate, feeling fatigued, headaches, a racing anxious mind or having sleeping difficulties.

We have to state shift the body for stress to decrease.

The focus of this webinar is to teach participants short and easy body based self-management techniques that can be accessed wherever and whenever required: to recharge their energy, to gain clarity, to calm down after a stressful situation, or to build resilience.

During centring practices, we deliberately place our body in a state of openness, balance, and expansiveness. When the body is in an open, balanced and expansive state – rather than closed, imbalanced and contracted – every single activity, may that be mental, physical or emotional will be carried out with greater clarity, ease and efficiency.



# Content

- The science of embodiment and the pivotal role of the body in stress management
- Understanding everyday distress reactions
- Shifting between Personality and Centre for more clarity and wisdom
- Techniques for calming the body and mind
- The 3 Dimensions Centring: Length, Width, Depth
- ABC Centring: Awareness, Balance, Core
- Techniques for increasing energy
- Wake up Centring
- General relaxation factors

This webinar includes simple movement practices. Participants will be asked to stand and move. The movement will be non-athletic.

The webinar is provided by a Certified Embodied Facilitator.