



The Embodiment Journal - Volume 1: Somatics and Embodiment for Health, Leadership and Life

Francis Briers

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The Embodiment Journal - A Quarterly Publication on Somatics and Embodiment for Health, Leadership and Life, is a new publication gathering together articles on embodiment and somatics from some of the top established practitioners and teachers in the field and from some of the rising stars.

This first Volume includes the following articles:

An Introduction by Editor, Francis Briers

Strength and Aliveness in Teaching by John Tuite

The Embodied Rescue Dynamic by Nancy Shanteau

Poetry by Beka Card

The Shape of Shame by Clare Myatt

Creativity and Embodiment by Tess Howell

Chronic Pain - An Embodiment? by Charlie Birch

Applications of Embodiment in Organisations - Benefits to Leadership, Communication, and Innovation by Anouk Brack

Whether you are an 'old hand' in working with embodiment or you are newly exploring this dynamic territory this journal will offer a range of both deep and accessible articles by excellent authors.

This is set to be an exciting new 'home' for the dialogue around embodiment and somatics.

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