

## **Clip 4: Somatic Practices and COVID-19**

So, what's it like to be or have a body right now? In our work together, I'm inviting you to be curious about that question. The practices I'll teach are opportunities to test out what works for you, to collaborate with your body, and to thank it. My hope is that you'll find affirmation through a couple practices you'll want to keep repeating on your own. My guess is you may have contacted me or signed up for this program, because you're already curious to some degree. In addition to being curious, you may also be needing something to heal with. That there is something you have noticed about your body's reaction to the COVID-19 pandemic or something that you're expecting to happen in your body over the next year or so, which you want to work with.

During this covid-19 pandemic, our daily practices of relatedness, the things we do to communicate, connect and share space, have changed dramatically, and even for those whose interactions with other peoples' bodies are some of the same, the mind-body experiences of touch and contact are tactically different.

Armoring is part of what our bodies do to protect ourselves. We have experienced profound changes and losses in a short amount

of time - physical separations, cancellations of milestone events, job loss, deaths of loved ones, loss of contact with friends or teachers. We see evidence of it everywhere that people are doing their best to find safety and cope with uncertainty. It looks different across socioeconomic groups, geographic regions, cultures, communities and sectors. But people are trying to cope with the unprecedented in our lifetimes.

So, if we ask our body, what are you taking care of? Our body's responses to COVID-19 are protecting us and that fighting against our survival strategies won't work. I don't know anyone for whom saying "get over it" means we just drop it and get over it. Blending practices can help us connect with our shaping of what we care about on its own terms. Where are we reaching toward? What are the sensations that are coming up for us? When we think about all that we love and care about, where do we feel that in our bodies?