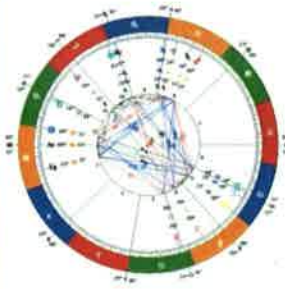


# BODYMINDMOVEMENT SENSORY AWARENESS; BALANCING INSIDE WITH OUTSIDE FOR LIFE

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To learn more call Kate Jones

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“A calm mind stimulates those parts of the brain that are able to make clear judgment and demonstrate wisdom.”

~His Holiness the Dalai Lama

**Kate Jones** is a somatics practitioner who helps us land in the **sensations of our bodies.**

**Increasing sensory awareness enlivens the brain and creates a richer base of support for the changes we are often needing or seeking to make.**

**Reducing the force with which we engage our movements increases our sensing ability.** The more sensorially aware I am, the more I am related to present time. **It's in the present moment that we feel or sense our world.... being right here, right now.**

This refreshed brain supports us in finding new insights and solutions .. it's a creative brain, curious and alive.

Sounds easy, right? Relax, breathe and enter the moment. Yes. It is easy --- and profoundly challenging. Why? Because we are creatures of habit, and **our habits live in our minds as beliefs, and in our bodies as repetitious patterns** that create the armors that support our beliefs. Established patterns want to trump innovation.

Kate Jones of BodyMindMovement **listens to you and to what you want to change in your life.** She also **listens to what your body is saying.** With **bodywork, mindfulness work, and the change work of counseling,** Kate supports each client in

transforming limiting beliefs and embodying the awareness that supports embodying successful states of being. **Supporting the change you want to bring to your world.**

The benefits of working with Kate include learning how to support desired change from the inside out, not only from the top down. Helps resolve strain injuries to the back, neck & shoulders. And supports the inner reality and desires to be integrated successfully in our actions.

As we learn to **release the limiting patterns of beliefs and actions that govern our minds and bodies** we learn we can bear difficult personal experiences without numbing ourselves to them, and **open to the wonder and miracle that life is.**