

Welcome to the

**Foundations
of
Dynamic Embodiment**

**with
Dylan Newcomb**

The Main Objective of this Course is...

to help you more effectively answer 3 simple questions:

1.

"How am I Showing up, in this moment?"

2.

"How is this moment inviting me to Show up?"

3.

"How can I shift into more coherently showing up in this moment?"

What is Dynamic Embodiment?

**Dynamic Embodiment is
the capacity to use awareness to
adaptively hold space for your body-mind
so that the life-force in the moment
can most coherently flow through.**

Our 12-Week Embodiment Journey...

Preparation	1	DEEPENING YOUR SELF-AWARENESS THROUGH EMBODYING <u>POLARITY</u>
	2	
Centering	3	GETTING GROUNDED & SELF-REGULATED BY EMBODYING YOUR <u>CENTER</u>
	4	
Boundarying	5	STANDING STRONG & SHOWING UP FULLY BY EMBODYING YOUR <u>BOUNDARY</u>
	6	
Contacting	7	MAKING DEEP, RESONANT CONNECTIONS BY EMBODYING YOUR <u>CONTACT</u>
	8	
Exchanging	9	MANIFESTING SHARED GOODNESS BY EMBODYING YOUR <u>EXCHANGES</u>
	10	
Application	11	APPLYING DYNAMIC EMBODIMENT FOR <u>COHERENCY</u> WITHIN THE DANCE OF LIFE
	12	

What You Need to Be Successful in Fully Benefiting from This

Just do it.

Be consistent.

Use it as a new way to Self-Reflect.

Use your practice to re-pattern your conditioning.

Don't use it to try and 'feel good' or 'get clarity'.

Use it Everywhere.