

Research Topic

A Collective Body : Relating to Move through Stress , Shame and Trauma.

- What is the central question or inquiry?

How collective presence and safety can translate into taking action towards individual healing ?

- Why is this relevant to your practice and the current moment?

As someone who holds space and bring a container for trauma healing , I cannot say this enough about how collective nervous systems who agree to bring their presence directly impacts the nervous system of every individual present and how they move through the trauma , mitigate stress and unstuck from shame , because healing in the modern age is surely made about individual goals , but it cannot be farther from the fact that an individual needs a community container who can hold space when one cannot or is learning to.

But how do we do that ? Just sitting together , listening intently only does the first part of it , but for it to come alive in the system , there has to be ways to actually engage in the nervous system , and align with the body of each and one another , which in turn brings us to then express with the body and the environment around. Safety is not created or brought into a room with just the intention , it is co created by the individuals in the room when they engage in meaningful , playful , and integrated acts of connection.

Scope & Depth

• What themes, mediums, or approaches will you explore?

The theme of the research will be ' Collective Body Inquiry - Exploration , Creation and Integration of Trauma , Stress and Shame to reclaim Aliveness.

The Mediums and Approaches will be as followed

- Somatic Inquiry
- Body Movement and Vocal Expression
- Expression Art Based Circles
- Self Inquiry - Aligning Nervous System
- Unshaming Practices - Individual and Community
- Community Play Sessions
- Using Nature as a Container and Co regulator - Exploring Body with Environment

• How will Vinyasa as a space influence or support this inquiry?

The values and intention that vinyasa holds supports this because there is already an underlined foundation of appreciating community and this serves the research in a way where it will be easier to apply the practices and receive real time feedback. As vinyasa also has a close relationship to earth and body , it directly supports the running theme , that the body is just beyond the self and healing needs to happen with all that is here. The space also allows me as a practitioner , to unwind , to reflect , and actually come in contact with earth , which helps me personally to tap into my creativity and then translate it into a practice for others for healing.

I truly believe that when we as humans , get up , use our hands to touch the earth , there is an ancestral wisdom that we tap into , enabling healing and intelligence of the body to come alive.

Methodology

The methodology that I want to bring as a practitioner are as follows

1. Community Gatherings
2. Individual Interviews
3. Discussion circles for Trauma themes and Shame patterns
4. Art and Body - A playful Exploration with community
5. Somatic Containers - Individual and Group Sessions

Process Documentation

I want to record my research with

1. Written Articles and Feedback Reports
2. Video or Audio Interviews
3. Video Recording of few sessions
4. Day to Day journal Entries with stories and explorations that come through.

Proposed Outcomes

I would like to discuss this , as I am still curious to explore what are the ways to do this and which one would particularly compliment and support the basis of this research.

Tentative Timeline

July Month - Exploration Phase

This will look like the safety phase of the nervous system - where in we are exploring different ways of finding safety within , and holding this safety for moving through stress , trauma and shame as a community.

August Month - Experimentation

This will be where we dive deep with safety , and now engage in practices to develop a container inside that can move through highs and lows and stuckness resistance does not follow us when we are in the process of reclaiming joy and aliveness as an individual and community.

September Month - Consolidation and Sharing

This will be where I as a Practitioner will have data points to plug practices in , so think like a guide in preparation along the way , which can then be used by communities when they come together , or circle formats when approaching trauma healing through the body. This will also have the collection of experiences individuals had while engaging with each other , with oneself and how did that translate into a wider capacity for engaging back with daily life.

Note : For my financial stability , I would like to have personal sessions and workshops for paid engagements around Developmental , Sexual and Relational trauma , Stress management and Self Inquiry.