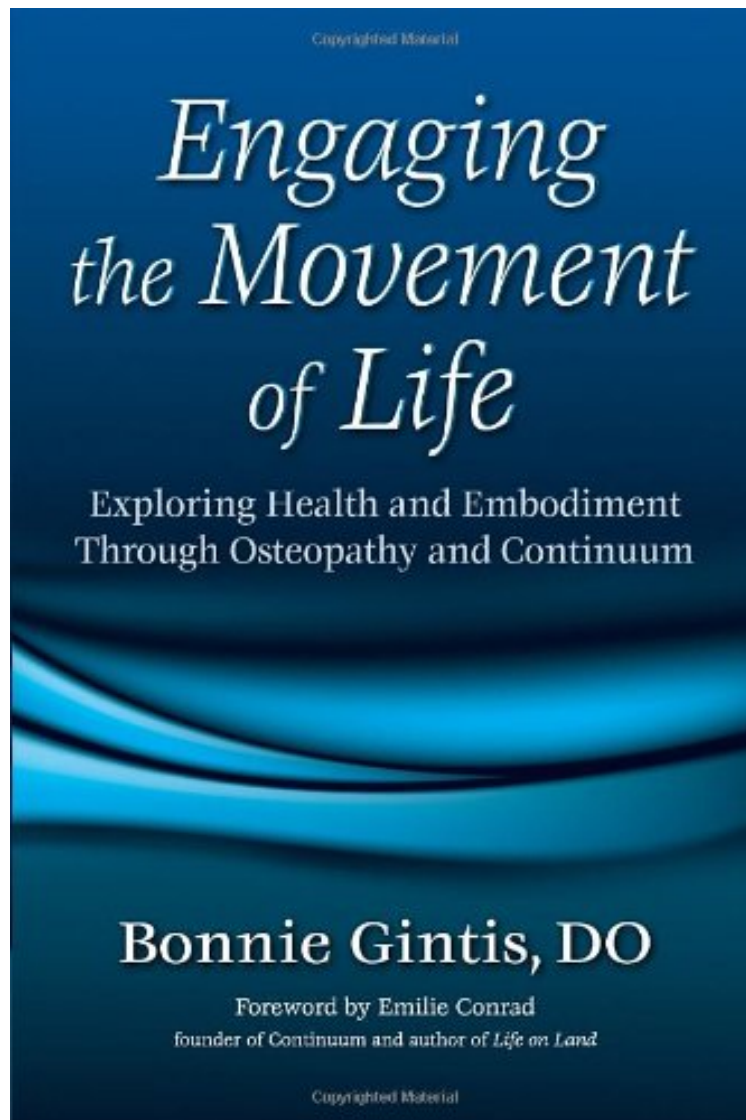


[Pdf free] Engaging the Movement of Life: Exploring Health and Embodiment Through Osteopathy and Continuum

Engaging the Movement of Life: Exploring Health and Embodiment Through Osteopathy and Continuum

Bonnie Gintis

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Bonnie Gintis : Engaging the Movement of Life: Exploring Health and Embodiment Through Osteopathy and Continuum before purchasing it in order to gage whether or not it would be worth my time, and all praised Engaging the Movement of Life: Exploring Health and Embodiment Through Osteopathy and Continuum:

0 of 0 people found the following review helpful. Five StarsBy Beth Pettengill RileyA must-read hanbook for learning

to care for our most prized possession: the human body!4 of 5 people found the following review helpful. Wonderfully insightful readBy Robert M. GardnerBonnie Gintis did a wonderful job introducing the underlying tenets of Osteopathy through her exploration of movement and life. There were some wonderful and thought-provoking insights that I gleaned from this book particularly the paradigm on Health. It has changed how I view the body's natural processes and reactions.0 of 4 people found the following review helpful. Three StarsBy Lora D. MillsA bit esoteric.

Engaging the Movement of Life is an invitation to discover new ways to experience health and embodiment. Osteopathic physician and Continuum Movement teacher Bonnie Gintis offers an approach that encompasses fluid movement, open attention, and awareness of sensation and breath as empowering practices to enrich all aspects of life. She presents a philosophy in which the body is a portal to something greateran opportunity to join a grand experiment in deepening consciousness and connectedness.Moving fluidly increases our vitality, just as water in the natural world is vitalized by flowing freely. Chronicling a path that encompasses views of body, mind, and spirit as a self-healing intercommunicating whole, Engaging the Movement of Life is equally useful for medical professionals, bodyworkers, exercise enthusiasts, and spiritual seekers.

Praise for Engaging the Movement of Life Engaging the Movement of Life offers a revolution of thought and purpose in the exploration of embodied health. Our fragmented understanding of the human body dissolves in Bonnie Gintiss much broader view of our biological intelligence. This book could not be more timely in providing us with a guide for health in the twenty-first century.Emilie Conrad, founder of Continuum and author of Life on LandWith accessible, evocative writing Bonnie Gintis interweaves the potent discoveries of Continuum and Osteopathy to reveal complex truths about the nature of life, health, the fluid dynamics of creation, and especially how we can creatively participate with them. Full of insights and practices, Engaging the Movement of Life is a radiantly clear and sensuous call to deepen our embodiment, daring us to inquire with innovative attention as we engage life.Susan Harper, international teacher of Continuum Movement and creator of Emoceans and Sensations TrainingsBonnie Gintis straddles the seemingly different worlds of intuitive body truths and information from the scientific point of view. She provides tools and suggests ways of looking, feeling, knowing, and thinking that are the currency of those of us involved in the world of the body. Gintiss message that everything is interdependent and mutable is a ray of both hope and clarity. With Continuum as the medium, she gives us both the permission and the keys to begin a lifelong journey of independent exploration of our bodies. David Brown, founder of BodyRecoding, a Pilates/Gyrotonic studio In Engaging the Movement of Life, Bonnie Gintis offers Osteopaths a special opportunity to experience Osteopathic principles at work within ourselves rather than just within others. This is a rare guide toward our own personal development, from within.Nicholas Handoll, DO, MSCC, author of Anatomy of PotencyAbout the AuthorBonnie Gintis, DO, has been in private practice as an Osteopathic physician since 1986 and currently lives near Santa Cruz, California. She has taught Osteopathic principles and manipulative medicine worldwide for many organizations including the Cranial Academy, the Sutherland Cranial Teaching Foundation, the American Academy of Osteopathy, the European School of Osteopathy, the New York College of Osteopathic Medicine, and with James Jealous, DO. Dr. Gintis is Board Certified in Osteopathic Manipulative Medicine and is an authorized Continuum Movement teacher who has taught in collaboration with Emilie Conrad since 1997. Emilie Conrad, the founder of Continuum, lives in Los Angeles and teaches Continuum workshops around the world.