

# What is VIBE & Embodiment®?

*A combination of gentle movement, music, and visualization techniques to help you get out of your head, into your body, and access a flow state.*

## ***Benefits of VIBE:***

- Container to explore, feel, and release your emotional range
- Increased ability to regulate and sit with complex emotions
- Less reactivity and more self-reflection before responding
- Tap into more joy, happiness, and satisfaction
- Enhance performance and build confidence
- Reduce critical and judgmental self-talk
- Create peace with past versions of yourself
- Reduce perfectionism and procrastination
- Explore your self-expression
- Access your intuition and learn to trust it



## ***How to VIBE:***

1. Turn on the playlist linked with the video and shuffle through the songs until you find one that resonates
2. Tap into your breath and begin to gently sway to connect to the music
3. Let the lyrics and different instrumental tempos and patterns guide your movement
4. Let it be explorative, messy, FUN, and expressive
5. Focus on visualizing what you are wanting to release and let go of or embody more of depending which song you are VIBING to

## ***Ways to Release Stress While You VIBE:***

1. Take slow deep inhales through the nose and big exhales out the mouth
2. Keep your toes grounded and let your heels bounce up and down to the music letting the rest of your body be loose and sway with the momentum
3. Use tapping techniques where you're feeling clogged energy or a lot of sensation in your body. You can also hold your neurovascular points as you practice
4. Let your voice be heard! Activate the vibration of music in your body by singing or humming along to a tune even if you don't know it perfectly