

- The culture that we live in makes us wired and tired all of the time
- An unbalanced nervous system shows up as grinding teeth, anxiety, stress, not being able to sleep, skin issues, gut issues, feeling angry or upset, extremes of mood - it's basically just not functioning to your optimum
- Not all yoga is created equal
- For Nahid, yoga is about a refuge from the world, restoring ourselves from our busy hectic lives
- Somatic Movement is much slower, creative, restorative and breath features quite heavily
- A really good yoga practice makes you feel wholly involved in it
- It helps you to build moment by moment
- You can decide how you're going to react in each moment
- The very first step to good health is breath
- There's a method called coherent breathing which is 6 seconds in and 6 seconds out
- That slower pace of breathing brings your brain, your heart and your lungs into coherence and then all of your other internal organs as well
- This regulated pace of breathing helps to regulate your emotions, cultivate empathy, reduce the effects of stress and trauma quite rapidly
- Nahid is trained in somatic movement which is a neuro-muscular rebooting learning method
- It asks you to look at your habits, and if they are not useful, you can let go of them and relearn new movement patterns
- Because how you move is all about how you move through life
- When your nervous system has new experiences, it learns
- Somatic movement isn't an exercise at all, it is a learning method. It means that you grow and grow in confidence
- This needs to be a daily consistent practice, and it can be quite playful
- It's based on how you learnt as a child
- The more curious you can stay, the more youthful you will be