

Get Out of Your Head and Back Into Your Body

A comprehensive new journey that unites the body and mind to heal, grow, and love yourself unconditionally.

Most of us live in our minds and pay little attention to the bodily sensations or physical reactions that also provide useful information. Because our body wisdom isn't honored like our mental wisdom, we've lost much of our body intelligence and, as a result, emotional well-being.

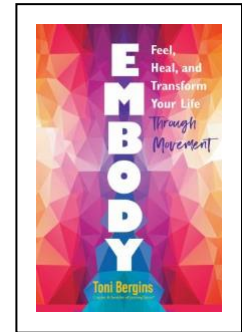
In holistic healing expert Toni Bergins' new book, ***Embody: Feel, Heal, and Transform Your Life through Movement*** (Health Communications Inc., Oct. 29, 2024), she guides readers through her transformative JourneyDance process to reconnect with our bodies, rediscover our innate joy, and embrace our full spectrum of emotions. Bergins offers a powerful way to address trauma mindfully so we can confront it, heal, and grow to love ourselves unconditionally.

The JourneyDance method weaves together ideas from psychology, movement, music, ritual, and various healing modalities into a single practice. It safely expands the confines of our comfort zone, allowing us to shift from dissociation to presence, and from a place of stagnation to one of flow and limitless possibilities. Each modality builds on the next to release what no longer serves us and move toward becoming more present, embodied, and empowered.

Throughout *Embody*, Bergins shares her personal journey of healing from trauma to ground her methods in a life-changing experience and offer heartfelt encouragement. Her program is a trauma-informed one that involves deep personal work, yet she is able to make it feel like play. Each chapter offers a playlist accessible from her website to accompanying the suggested movements.

Key Messages: Having distilled decades of personal development, study, and teaching into a treasure chest of transformational tools, Bergins addresses:

- Why embodiment is best achieved through active movement
- How to turn the heaviness of processing pain and past trauma into an expressive art
- How to throw light on our shadow selves so that we can face them, move with them, and integrate them
- How to change the beliefs and thought patterns holding us back
- How to access your divine spark — your truest, wisest self, your energetic essence



Social media

Website:
journeydance.com

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[JourneyDance](https://www.facebook.com/JourneyDance)

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The embodiment process of reuniting the mind and body to arrive at an authentic sense of presence mirrors the hero's journey of spiritual growth and self-mastery. *Embody* is a powerful process for anyone seeking to enhance their resilience and emotional well-being.

About the Author

Toni Bergins, M.Ed., is an embodiment trailblazer who has taught at the premier holistic healing centers for the last 27 years. She is on permanent faculty at the Kripalu Center for Yoga & Health, and has worked there as a movement artist, dance educator, expressive arts workshop leader, and expert in creating transformational workshops. She has led JourneyDance programs at the renowned Esalen Institute, Omega Institute, 1440 Multiversity, The New York Open Center, Pure Yoga, Blue Spirit, and countless others.

In her new book, ***Embody: Feel, Heal, and Transform Your Life through Movement*** (Health Communications Inc., Oct. 29, 2024), she distills decades of personal development, study, and teaching into a powerful transformational tool.

Learn more at journeydance.com.

“Sometimes, even if we look like we ‘have it all together,’ we may still be afraid to feel. If we allow ourselves to feel anything, we fear feeling everything. I know that we’re all capable of going deeper, processing our past, if it means our freedom.”

—Toni Bergins