
Hello, everyone. My name is Elia, and I am honored to be part of the SBSM program. For the last 15 years, I have been researching, teaching, performing, and investigating the healing arts of dance and qigong. In my own personal journey, I've discovered that dance is an integration of personal expression and collective celebration used as a way to heal from an authentic place. Qigong is an ancient art from China. Qi means energy, gong means work, and it's a blend of form and formlessness as a way to use our own energy to heal.

In this program, I'm going to blend dance and qigong as a way to help you wherever you are along your journey heal. All of the movement videos we will do support the labs that you're doing in SBSM. All of the work comes from a trauma-informed lens, and it will support the work that you're doing in nervous system regulation. It's a way to give another form to the education that you're doing. It's a way to get in the body in a different way and is a way to do it together. I show up for you, you show up for you, and we do it together.

Irene and I have known each other for the last 10 years, and it's been a really beautiful path to walk together, seeing how our work spirals together, feeds off each other. I'm really happy and honored to be invited to share my work in the context of this program.

Over the course of the six videos, we will start simple and basic, and then each video will unfold. It will build on the previous video, offer you the familiarity and safety of repetition, and then invite you to challenge yourself as you want, invite you to open into new places, see what it's like each and every day to get into the body, and what it feels like to move from that authentic place. Sometimes we'll do things standing. Sometimes we'll do things sitting. Sometimes we'll do things lying down. But as always, what I'm offering is just an invitation. In all of the nervous system work, it's really important to listen to your own impulse, listen to what you need, adapt whatever I'm offering for what feels right for you.

The word titrate, which is part of the SBSM program, is also part of these movement videos. That means doing a little bit at a time. Like an eyedropper, little drop by drop. These videos are recorded, so you can always press pause. You can always come back. You can do it again. You can do one minute, 10 minutes, 20 minutes. You can repeat as often as you want. It's really important that you feel safe. Safety is the mother of learning. If you feel safe, then the work can come in.

As you can see in my space, I've created something that feels right for me. It's a place that nourishes the work for me. I invite you to do the same. That means whatever space you have, just take a moment, and make it yours. Put something down that feels soft, maybe a plant, maybe an object that feels familiar and safe to you, and always have some water, some tea, something to hydrate. Our nervous system is an electrical system. It needs to conduct current, and the water and hydration help us do that.



SBSM 11.0 Hello and Welcome to Elia's Movement Videos!

In addition to the six videos, we have a bonus video at the end where we're going to dance to some nice music together. There's also a video called The Healing Sounds, which is a really nice, ancient practice from qigong where we work on breath inside of each organ as a way to dissolve trauma that gets stuck. At the end of the day, I want you to find a way to make this yours, to fold it into the program, and to have some fun. For me, healing, safety, fun, all come together as one beautiful experience.

At the end of every video, we're going to do a clap together as a way to seal the work, as a way to say thank you to what we did. Let's practice once now. We'll take our hands, give a little silent applause, and a clap on three, two, one.