

# Guide

## Cultural Somatics and Body-Informed Leadership

People: Ideally your whole group

Time: Approximately 30 minutes to read and discuss this Guide

Resources: This Guide and a place to meet

### What is Cultural Somatics?

Cultural Somatics is an emergent field of inquiry which looks at how our internal brain-body states shape the outer forms and systems of our cultures, and vice versa. Simply put, Cultural Somatics holds that *how we relate to our bodies is the template for how we relate to each other and the world.*

### Why is it Important?

Increasingly, we are coming to understand the intergenerational impacts of traumas such as war, genocide, and colonisation. Science has demonstrated the ways that the impacts of these traumas show up primarily in our bodies – for example, the dysregulations of the autonomic nervous system typical of Post-Traumatic Stress Disorder, or epigenetic changes in the DNA – and are passed down from generation to generation. There is a growing interest in how these body-based intergenerational traumas have shaped and continue to shape our cultures (particularly, the ways they reinforce inequalities, and harmful dynamics such as privilege and oppression), and an evolving desire to find ways to engage this phenomenon in a healing way.

### What is the Role of Body-Informed Leadership?

Body-Informed Leadership teaches ways to relate to our bodies that make us more capable of interconnection, creativity, collaboration and love, that allow us to heal and release generations of traumatic imprinting, and which generate more inclusive and just cultures from the inside out. If Cultural Somatics is the landscape, then Body-Informed Leadership is a pathway through it.

The Body-Informed Leadership Series teaches the paradigms and practices that help us attune to, and be in skillful relationship with, our body's signals as a crucial domain of leadership in our group cultures.

[www.BodyIntelligence.ca](http://www.BodyIntelligence.ca)