



October 7–9, 2011 (Friday–Sunday)

Awakening Somatic IntelligenceSM for Yoga Practitioners

Risa Kaparo

Somatic IntelligenceSM is the art and practice of awakening the natural wisdom of the bodymind. It is a discipline for extending your awareness through the finely tuned feedback system in which you were born. This intelligence is self-sensing, self-organizing, and self-renewing, and brings ever greater freedom, grace, and vitality.

Imagine being able to do the most challenging yoga asanas without effort or strain. Imagine getting the best bodywork you've ever received, bodywork that went beyond your musculo-skeletal system to engage your entire nervous system, organs, connective fascia, fluid systems, and cellular functioning.

Now imagine you are giving this bodywork to yourself, from the inside out.

Somatic IntelligenceSM goes beyond the body, enabling you to get underneath your habits, images, and self-talk to sense your "live experience." It empowers you to plumb the depths of the self-awareness that informs, nourishes, and renews you. It makes the dynamic shifts in your states of consciousness and your organism's functioning immediately apprehensible, allowing you to extend your presence into new dimensions of experiencing. These are the gifts of Somatic IntelligenceSM.



Risa Kaparo, PhD, is a practicing psychological and somatic therapist. Creator of Somatic IntelligenceSM, she trains physicians, psychologists, bodyworkers, and educators in clinical and educational applications. She has taught at numerous universities including MIT, John F. Kennedy, and Dalian Medical University in China. A long-time student of world-renowned Italian yoga master Vanda Scaravelli, Risa has trained yoga teachers for more than 30 years, and is also an award-winning poet, songwriter, and author. Among her awards is the grand prize of the John Lennon

International Songwriting Contest. Her books include *Embrace*, and *Awakening Somatic IntelligenceSM—Transforming Pain, Stress, Trauma, and Aging* (forthcoming). www.awakeningsomaticintelligence.com and www.risakaparo.com



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Kripalu is 3 hours north of New York City.

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