



Somatic Embodiment Yoga Meditation Client Handbook

Welcome

Welcome to your somatic embodiment yoga journey with **Uyen Vu Body Mind Self Awareness Practice**.

This handbook is here to support you during your sessions and at home. It will help you understand the practice, get the most from each lesson, and build a safe and effective practice that fits into your daily life.

Please take a few minutes to read through the guidance below before you begin.

What Is This Practice?

This practice is about paying attention to what you are feeling inside while you are moving/in action.

It is not about stretching further, trying harder, or getting into the "perfect" position. Instead, it is about discovering an easier, more comfortable and efficient way to move. It is an exploration about yourself in movement or in action.

During each lesson, we combine:

- Purposeful movements
- Attention
- Feeling what is happening inside your body
- Natural breathing
- Curiosity without judgement

As you move, you will notice things such as:

- Your weight shifting
- Your bones supporting you
- Your fascia and muscles responding
- Your body changing shape
- Your relationship with gravity and the space around you
- Your thoughts

Rather than thinking about the movement, you simply experience it.

The aim is to discover how your body can move with greater ease, comfort, and freedom—even when the movement becomes more challenging.

Over time, this helps you develop greater balance, resilience, peace, and confidence in both movement and everyday life and you are **knowing yourself** in a deeper level.

Why Do We Move Slowly?

One of the most important parts of this practice is moving with attention and avoid pain and slowly.

Slow movement gives your brain time to notice what is happening throughout your body. This creates the right conditions for learning and building new neural pathways.

It is **not the movement itself** that changes your brain. Your brain changes because you give it the right learning conditions:

- Time
- Gentle attention
- Variety
- Different relationships with gravity
- Different directions and positions in space
- Comfortable, continuous breathing

This is one of the main differences between Somatic Embodiment Yoga Meditation and many exercise classes.

Every Lesson Has a Purpose

Each session is carefully planned to help you learn without creating unnecessary strain or pain.

We often explore just one simple movement—for example moving an arm, leg, head, eyes, reaching, pointing or turning—but we explore it in many different ways to find out what is happening in the rest of your body and what changes after other places in your body support what you are doing.

Small movements often create the biggest learning.

By changing direction, speed, position and your relationship with gravity, your brain learns easier and more efficient ways to move.

A Safe Place to Learn

This is a safe environment where you can explore movement without pressure.

You are encouraged to notice the different sensations you feel during each movement.

There is no right or wrong. Everyone learns differently. The more you notice, the more you learn more about your body and yourself.

Over time, many people notice:

- Less tension and reducing excessive effort
- More flexibility
- Better balance
- Easier movement
- Greater resilience
- More comfort in everyday life

Guidelines for Your Practice

Go at Your Own Pace

Move slowly and comfortably. Give yourself time to notice both what you are doing and what you are feeling. Learning happens naturally when you don't rush.

Let Go of “Getting It Right”

There is no perfect way to do these movements. Instead of trying to perform well, stay curious. Every lesson is an opportunity to discover something new about yourself.

Choose Comfort

Always work within a comfortable range. If a movement feels forced, make it smaller, slower or easier or just imagining it if you are in pain. Comfort creates better learning than effort.

Confusion Is Part of Learning

Sometimes you may feel confused or unsure. This is completely normal. These moments often mean your brain is learning something new. Growth is possible at every stage of life.

Let Sensation and Curiosity Guide You

Keep your movements:

- Simple
- Gentle
- Comfortable
- Precise

Notice small differences rather than trying to make big movements.

If Something Hurts

If you experience pain or discomfort:

- Make the movement smaller.
- Move more gently.
- Slow down.
- Take a rest.
- Or simply imagine the movement instead.

Imagining a movement can help your brain learn in much the same way as physically doing it.

Mental practice becomes stronger with time.

Stay Curious

Rather than repeating movements automatically, explore them.

You can change:

- Speed
- Size
- Direction
- Your focus of attention

Notice what feels:

- Easier
- Lighter
- More comfortable

- More pleasant

Reduce effort whenever you notice strain.

Rest Often

Rest whenever you need to. If your attention begins to fade or you notice yourself moving automatically, pause for a moment.

Rest is an important part of learning. Sometimes doing less helps your brain learn more.

Trust Your Own Experience

You do not need to copy anyone perfectly. Your practice is personal. Allow your own way of moving and sensing to develop naturally.

After Your Lesson

Give Your Brain Time to Learn

Your learning continues after the class has finished. Your brain keeps building and strengthening new neural pathways that support easier movement, better posture and improved coordination.

Give yourself time for this process to continue.

Protect Your Learning

Try not to rush straight back into busy activities. If possible, avoid immediately checking your phone or becoming distracted. Even five quiet minutes can help your learning settle.

Pause and Notice

Take a few moments to notice:

- Your breathing
- Your posture
- Your mood
- Your body
- Any changes you can feel

This helps strengthen what your brain has learned.

Let the Experience Settle

Allow the lesson to "soak in."

The more space you give yourself afterwards, the more naturally the learning becomes part of your everyday life.

Move Gently or Rest

After class you may wish to:

- Go for a gentle walk
- Sit quietly
- Rest
- Simply observe how you feel

Notice whether you can soften areas such as:

- Your jaw
- Your breathing
- Your shoulders
- Your lower abdomen

Avoid Falling Straight Back Into Old Habits

Give yourself a little time before returning to your usual way of moving, thinking or reacting.

Small changes often grow naturally over the next day or two.

Keep Noticing

The effects of the lesson may continue for the next 24–48 hours or even longer.

Check in with yourself from time to time and notice how you are moving, breathing and feeling.

This supports your ongoing learning and wellbeing.

Thank you for allowing me to be part of your journey.

I wish you every happiness, good health and peace.

All the very best,

A handwritten signature in a cursive script, reading 'Uyen Vu'.

Uyen Vu Body Mind Self Awareness Practice
Somatic Embodiment Mindfulness Yoga Meditation

Disclaimer

Uyen Vu Body Mind Self Awareness Practice – Somatic Embodiment Mindfulness Yoga Meditation provides yoga meditation and wellbeing sessions for educational, relaxation and general wellbeing purposes only.

These sessions are not medical advice, diagnosis or treatment and are not a substitute for professional healthcare.

Please speak with your GP or another qualified healthcare professional before taking part if you have, or think you may have, a medical condition, injury or mental health concern.

By taking part in any class, session, programme or retreat, you agree that:

- You are participating voluntarily and at your own risk.
- You are responsible for monitoring your own physical and mental wellbeing during the session.
- You will stop immediately and seek appropriate medical advice if you experience pain, discomfort or distress.

To the fullest extent permitted by UK law, Uyen Vu Body Mind Self Awareness Practice and its instructor are not responsible for any injury, loss or damage arising from participation in the sessions, except where liability cannot legally be excluded, including liability for death or personal injury caused by negligence.

No guarantee is made regarding the results or effectiveness of any session or programme.

By participating in any sessions, classes, programmes, or retreats, you acknowledge and agree that:

- You participate voluntarily and at your own risk
- You are responsible for monitoring your own physical and mental condition during all activities
- You will stop immediately and seek appropriate medical advice if you experience pain, discomfort, or distress

To the fullest extent permitted by law, the Practice and its instructor shall not be liable for any injury, loss, or damage arising from participation in the sessions, except where such liability cannot be excluded under UK law, including liability for death or personal injury caused by negligence.

No guarantees or warranties are made regarding the outcomes or effectiveness of any sessions or programmes.

Contact

Email: uyenvu.awareness@gmail.com

Mobile: 07484 325 685

Address: 50A Fernbank Road, Ascot, SL5 8HE

Website: uyenyogameditation.com