

The Swan Practice©

Soma (body/soul)



somaesthetic (perception through body/soul)



empathic being



integrated grace — present, fluid, generative

The coiling capacity of our spines is that of the swan and the fern. Facet articulation along the proper lines of gravity (plumb line), is essential to the overall health of our bodies, our souls. Through our perceptive capacities, all physical forms pose possibility for ontological empathy. Our humanity thus deepens with the choices we make for ourselves while becoming what is possible in and for the world.

