

Body Play

How To Feel Good In Your Skin

Otto Siegel

The Biology of Play

Our bodies are immortal.
How can we make that feeling stronger?



How to teach JOY?

**Everything
flows better
with joy!**

- **“The leap from fear to joy is huge!”**



- **Joy opens curiosity and learning**
- **Joy is more effective than willpower**

Our First Language

We are born
with an innate
ability and
desire to PLAY

- Play connects across skin colors and age groups
- Play shapes the brain – Neuroplasticity
- Play invigorates the soul
- Play prevents violence and conflict
- Play is energizing and FUN
- Play builds creativity and trust
- Play heals emotions
- Play opens imagination
- **Play reveals individual brilliance**

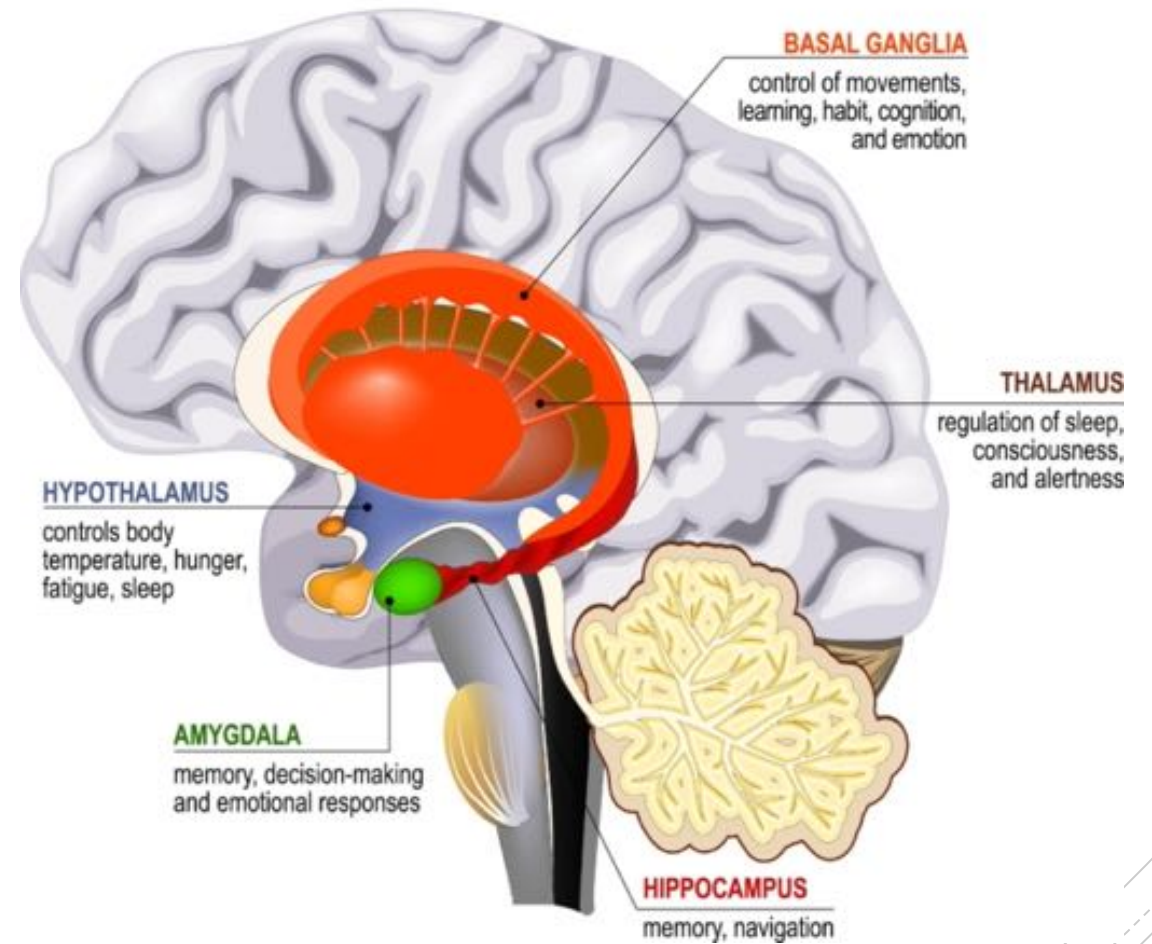
Research: Stuart Brown MD, [PLAY](#)
Founder of the [National Institute for Play](#)

Play Circuits

The 'Play State'
starts in the
midbrain

...like hunger, fear or caring

Limbic system



Re-discovering Play

The Pilot
Class

Parent **PLAY** time



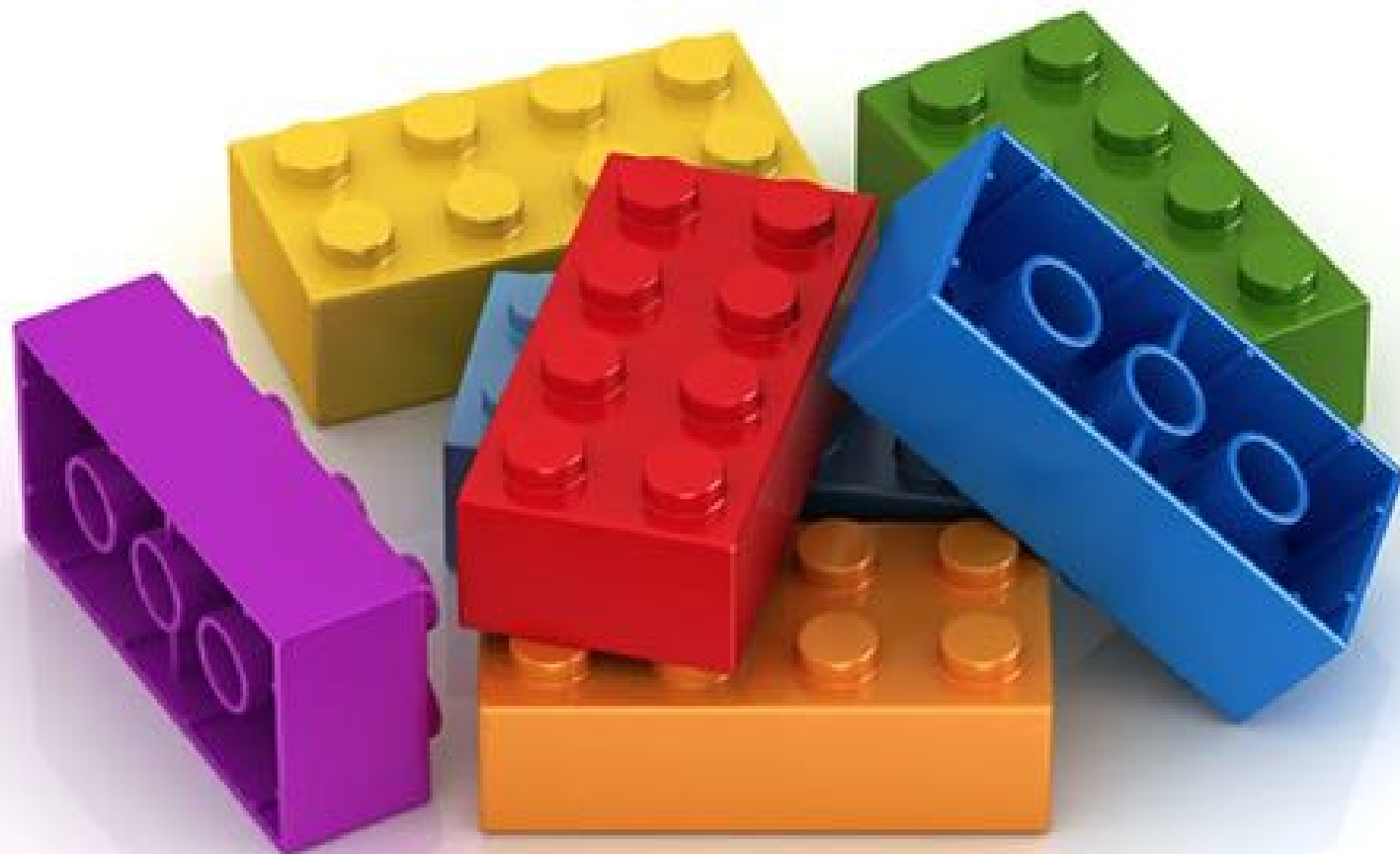
When talking is just not Enough!

Program starts on
Sept. 14 at Noon PST
5 interactive weekly
live zoom sessions

LEARN MORE at
geniuscoaching.com

Teaching Joy

**Begin with
PLAY**



“I didn’t know how to play with my 10-year old daughter – until she taught me” – Amy

Play nurtures body, mind and soul

1. Body Play

Experience

Feel

Explore



Spontaneity, Imagination, Expansion

2. Creative Play

Interaction - Flow



3. Intentional Play

Laugh about Yourself

Overcome Boredom

Play with a Problem



Body Play

Movements that make you smile or laugh

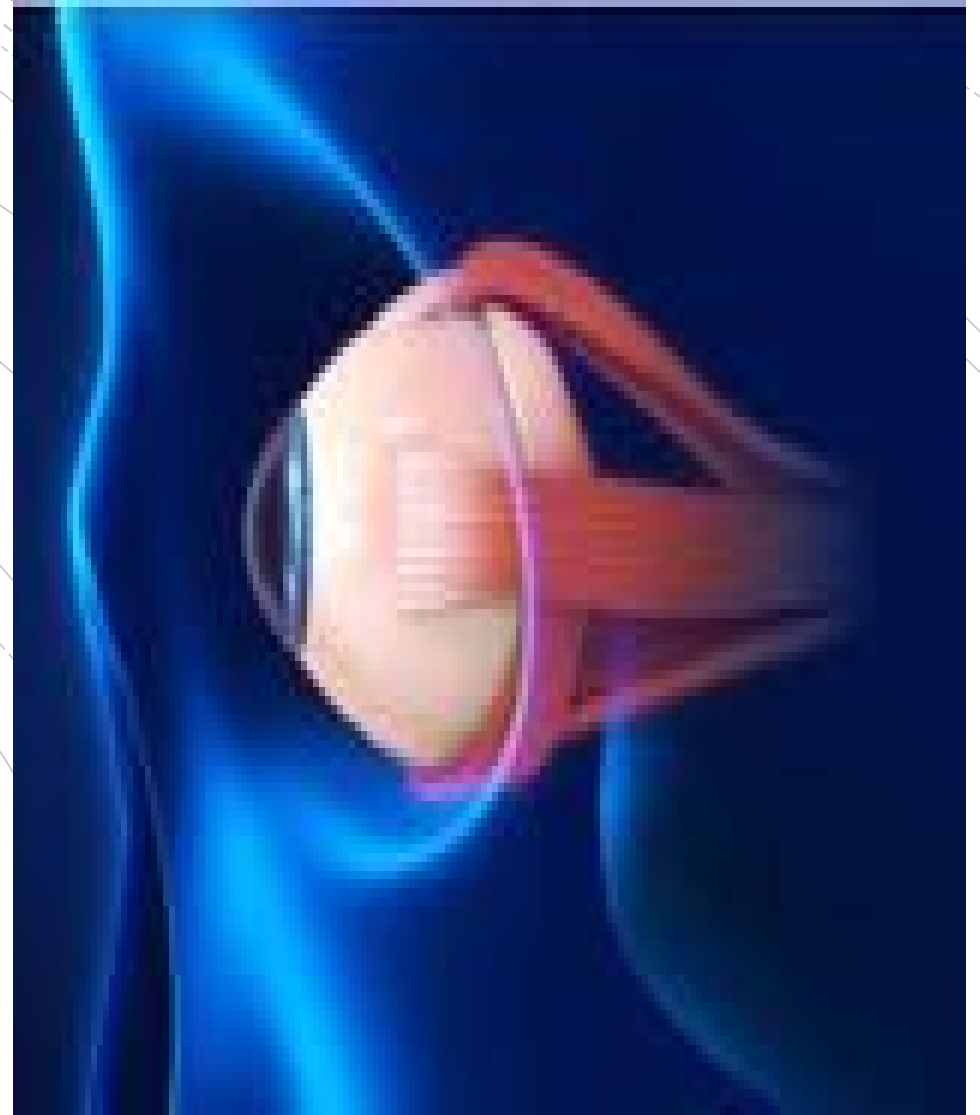
“Can you do THIS?”

Beyond right and wrong



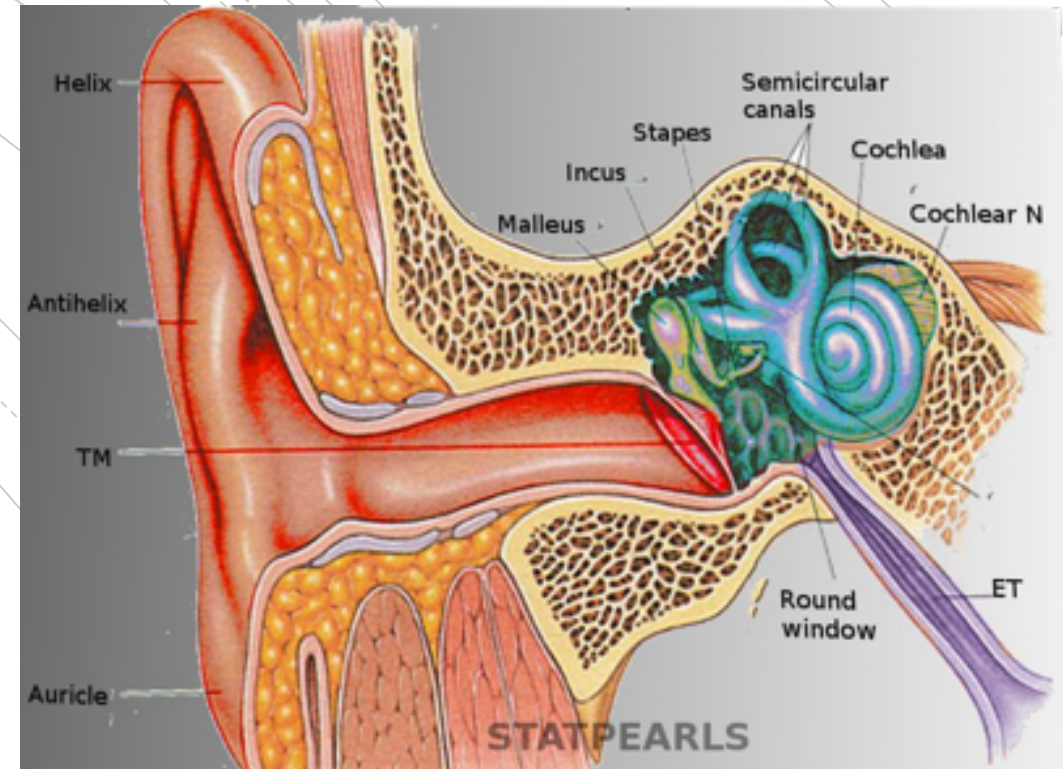
Eye Balling

Precision, Miracle,...



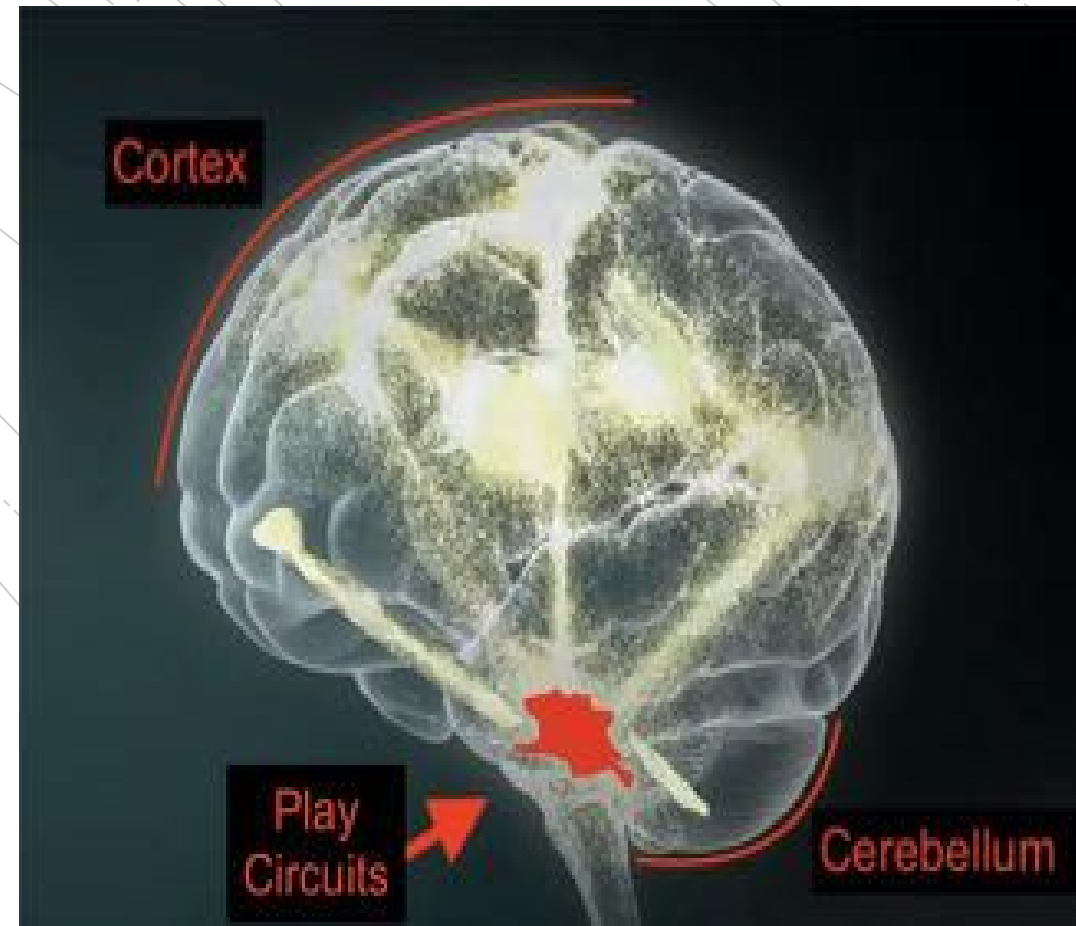
Ear Unfolder and Energy Yawn

Amplification, 3 Senses, Gratitude, ...



Unstructured moves

Play Circuits, Body Wisdom, ...



Body Play - Listening

How do you feel NOW?