

“Thea Rytz has written a crucial book for anyone interested in the body. Written clearly and articulately, it goes beyond discussing the mind-body connection, and in a very graceful way shows us what we can do to live an embodied life. It strikes a rare balance between simplicity and complexity, engaging in intricate topics with an uncluttered and artful style. Perhaps most importantly, this book takes us beyond both the theoretical and the pragmatic, and helps us learn to live directly, in the moment, in an integrated and balanced way. I intend to assign it in all of my trainings, and I hope that educators, therapists, and anyone interested in the wisdom of the body will read it as well.”

Christine Caldwell, PhD, LPC, ADTR, ACS,  
body-centered psychotherapist; founder and chair  
of the somatic psychology department, Naropa University;  
Author of *Getting Our Bodies Back: Recovery, Healing, and Transformation through Body-Centered Psychotherapy and Getting in Touch: The Guide to New Body-Centered Therapies*

„Centered and Connected returns us to a deeper relationship with our bodies amid complex times. Rytz’s experiences other fertile ground for inspiration and education, helping us care for self and community with more ingenuity and integrity. The book is an essential resource for movement educators, therapists, and any individual engaged in enhancing embodiment and creativity in his or her work and life.“

Andrea Olsen, professor of dance at Middlebury College  
Author of *Body and Earth: An Experiential Guide*  
*Bodystories: A Guide to Experiential Anatomy*

“Rytz lucidly describes how paying attention to bodily sensation and movement offers a bridge that enables the split between mind and body to begin to heal.”

From the Foreword by Linda Hartley,  
Director of the Institute for Integrative Bodywork and Movement;  
Author of *Wisdom of the Body Moving: An Introduction to Body-Mind Centering, Somatic Psychology: Body, Mind and Meaning*  
*Contemporary Body Psychotherapy: the Chiron Approach*



## Centered and Connected

### A Therapeutic Approach to Mind-Body Awareness

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## Exercise Guidelines

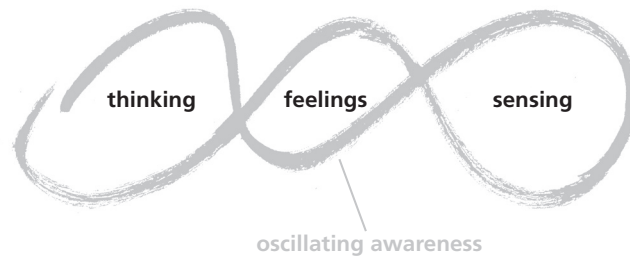
**A Journey of Mind-Body Awareness (Overview of the Exercises)** 60

**128 Exercises to:** 65

Gravity, Breath, Yawning, Arms, Hands, Protection, Heart, Face, Eyes, Ears, Taking Time, Nose, Voice, Mouth, Stomach, Regeneration, Organs, Pelvis, Legs, Feet, Pain, Back, Head, Time in Flow, Bones and Joints, Muscles, Fat, The Body's Internal Space, Skin, The Body's External Space, Connections, Nonreactivity

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## EXPLANATIONS ABOUT THE CONTENT

### Centred and Connected

Both methodologically comprehensive and practical in its approach, this book inspires readers to explore and find a balance between being centered within themselves and connected to their surroundings.

### Mind-Body Awareness

Awareness of the body and mind in its most general sense is about having the choice to wake up from a life on autopilot and being sensitive to the diversity of everyday experience. While we are practicing awareness, we can learn to collect ourselves and find flexibility of feeling, thinking, and sensing at the same time.

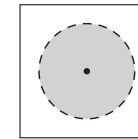
We cultivate a nonjudgmental, respectful approach toward ourselves, others, and the environment. Nonjudgmental does not mean that we never have a judgment in our mind, but we try to be aware of our judgments. We decide not to believe a judgment fully. We don't stick to it or express it immediately. We rather let our judgments pass as if they were clouds. Doing so creates space for an alternative response.

## Structure of the Exercises

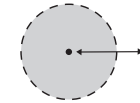
The practical part of this book consists of thirty-two sections, each addressing a single topic and presenting four exercises, for a total of 128 in the tradition of Elsa Gindler, Ilse Middendorf, and Bonnie Bainbridge Cohen.

For each topic (like gravity, breath, arms, back, skin, pain - see on the left side)

there are two suggestion or invitations to deepen and differentiate Awareness when exercising



one suggestion or invitation to deepen and differentiate Awareness in daily life



and one suggestion or invitation to deepen and differentiate Awareness in emotionally intense situations



The frame in the first pictogram symbolizes the exercise situation that you have to create for your awareness practice. The gray circle with dotted lines around it represents your physical self as a whole yet permeable entity. The dot in the middle of the circle symbolizes your intention to concentrate on your Mind-Body Awareness.

The second pictogram puts the specific topic of that section in a daily life context, in an ongoing relationship with the environment, indicated by the arrow. In the third pictogram the dots inside and outside the circle represent the stress we perceive in ourselves and in our environment in emotional intense situations.

## Picture Cards

For each practical-application section there is a corresponding picture card with a selection of photos on it, intended to evoke a wide range of associations in response to its respective topic. The cards are intended to be a playful and non-linear support for Mind-Body Awareness by stimulating your associations in relation to the specific topic.

The cards printed in color were too expensive to include in the English edition, but you can download them for free from my Webpage: [www.thearytz.ch](http://www.thearytz.ch)

