



# MYTH BUSTER ABOUT TRAUMA

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**Trauma is not just in your mind. Rather, it leaves a concrete, physical imprint on the body and in the brain.**

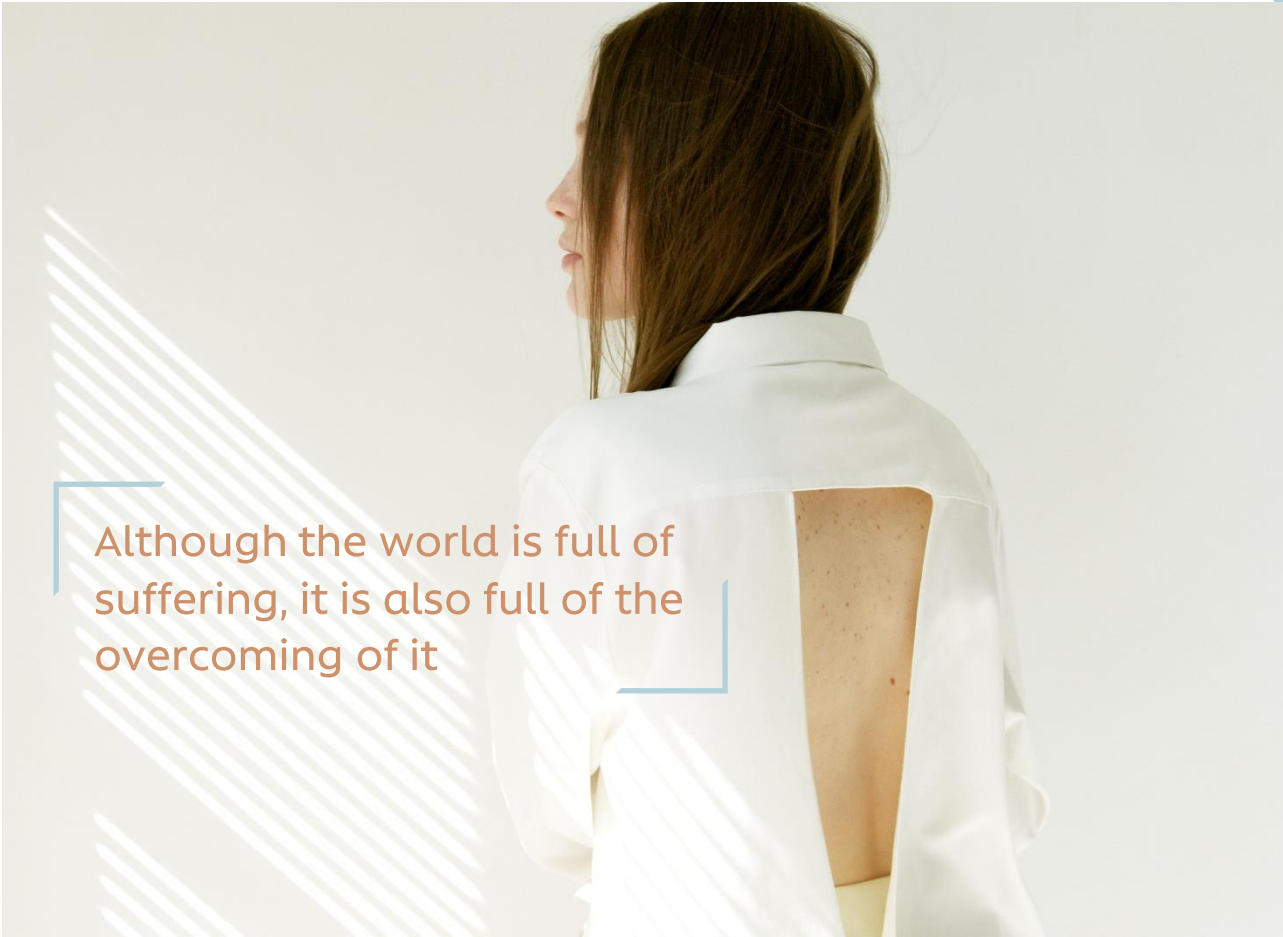
Trauma by definition is an overwhelming experience, which essentially means the stimulus is greater than what the brain and nervous system are designed to process in their usual way.

The brain is the greatest supercomputer on earth. Through a complex network of about 100 billion neurons, it can process and organize information really, really fast. In every single moment, somewhere between 18 and 640 trillion electrical impulses are hurtling through your brain. You are nothing more than the unique mosaic made up by this matrix, which carefully encodes and stores your memories and experiences.

What happens when a shock disrupts the system?

Trauma can cause the malfunctioning of the memory processing system, causing an improper logging and storing of the traumatic event. Our supercomputer subverts to a simpler method of recording signals and encodes traumatic memories as pictures or body sensations. This is called dissociation: memories are split into fragments. These remain embedded in the mind like splinters, impeding the brain's natural recovery process.





Although the world is full of suffering, it is also full of the overcoming of it

From a physiological perspective, the three parts of the brain responsible for processing stress can change when an individual experience a traumatic event:

- The hippocampus associated with declarative memories shrinks
- The amygdala associated with processing emotions and rumination becomes overactive
- The anterior cingulate cortex responsible for complex planning and self-development decreases its functionality

Our entire system moves into a complex set of survival responses that include: flight, fight, freeze, appease and dissociate. All of these are deigned to take care of our core needs of safety, belonging, and dignity.

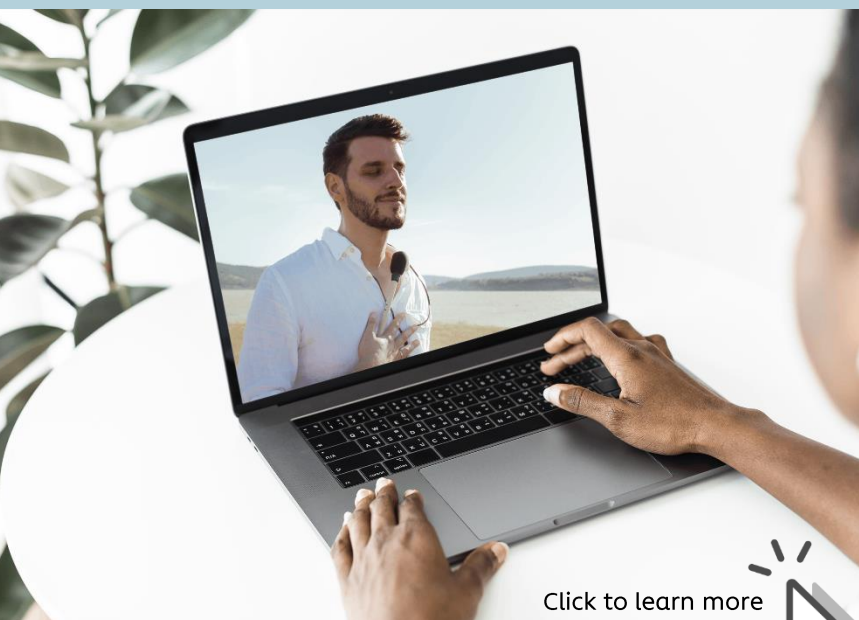
According to the most recent evidence of cellular memory, it's not just our brain, but our body's cells that could hold an imprint of past traumatic events. Yes, "the body keeps the score" (as stated in the title of Bessel van der Kolk's book), but it also is incredibly capable to heal. As Helen Keller said: "Although the world is full of suffering, it is also full of the overcoming of it."

# WHAT CAN BE DONE?

Past trauma doesn't have to affect you for life. It can be treated and overcome. Therapy can help in unlocking or processing the traumatic memories, releasing them from being stuck in your system. When the traumatic memory is reintegrated in the mind, the brain and the body can begin to heal.

Embodiment practices, like breathwork, tantric practices, meditation and yoga also deliver real results in this release and can help the healing process. Think of embodiment as the "whole self and how we relate" not just adding the body to psychotherapy, and not even just understanding the brain better through neuroscience. Embodied includes our thinking and belief systems, our nervous system, muscular system, endocrine system, skeletal and circulatory system, our felt senses, our actions, our relatedness to others and life, our head, heart and gut, our identities. All of this is the Soma.

*If you are curious to know more, keep reading.*



Click to learn more



## ONLINE TOOLS

Life is never certain and all things change. For some of us, this change provides an opportunity to reflect, reassess, and make some adjustments to thrive again. For others, it is a period of anxiety and stress.

**Find calm and clarity with our online sessions, where we utilize various holistic tools.**



# CONSCIOUS CONNECTED *BREATH* FOR TRAUMA RELEASE

**Breathwork is an active meditation technique that uses the breath to cleanse the body and nervous system of emotional debris.**

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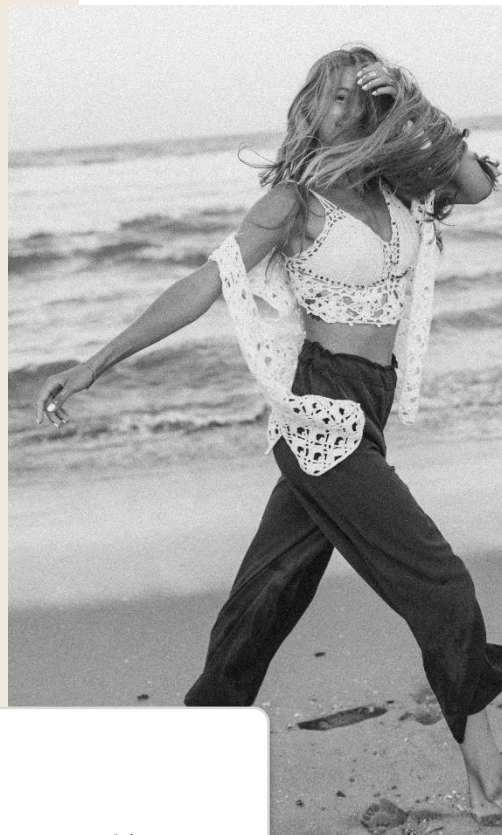
When we practice conscious connected breathwork in a supported and safe way with a trained facilitator, we have the ability to unlock and release stored energy that may have emotional and physical pain attached.

Unlike traditional talk therapy, breathwork works at a subconscious level. By manipulating our breath, we allow a few things to happen: first, we quieten the mind because our conscious brain is temporarily less active; we open up our energy fields that lie within our subconscious brain to become activated and alive. Both western psychology as well as eastern philosophies agree that all the experiences we go through as human beings - the joys and heartbreaks, memories big and small - are all stored in our subconscious. They stay live in this layer as trapped energy and are unable to release unless we use tools like breathwork. This stuck energy becomes conditioning and affects how we live in the present.

When we practice breathwork, we are able to access the layer of the subconscious where the past experiences, trapped energy and trauma live. During a session, we may experience physical sensations, feel emotional, or have the urge to move, cry or make sounds, all common forms of energy and vibration being moved or released. Other experiences are feeling a sense of peace, feeling extremely connected to a deep part of ourselves, feeling like we're free, seeing visions, or seeing past experience we once forgot about come back up. Breathwork is so powerful in getting to the roots of deeply stored memories and trauma, as it increases our capacity to feel strong emotions and physical sensations while being safe in our body. We are inviting everything to be felt in a safe and controlled way, and we can move through the energy to be processed. We are not revisiting old traumas, and we are not going over our history.

# TANTRA AND TRAUMA

Due to the fact that our body literally tries to shut out the traumatic experience, the normal ability to feel both external and internal sensations is limited or shut down. Healing happens when the individual feels empowered to release the protective amours, because the feeling of danger that has been present long after the traumatic event ended can finally be felt and released. Re-activating the felt-sense is the key to healing trauma. Tantra, with its mind-body practices, can help us move from thinking to feeling, from constriction to expansion.



## PHYSICALLY

Tantra offers practices and exercises that involve safe touch, shaking, tantric massage, pressure points and de-armouring

## EMOTIONALLY

Tantra encourages us to embrace everything without judgement. There are no intrinsically good or bad emotions, and we are asked to live in total acceptance and authenticity. Tantric wisdom teaches us how to stay present with our emotional body:

- Identify your feelings and validate them instead of rejecting or resisting them
- Become curious about what the emotion is showing you, what is its purpose. Is there a boundary to be set? Do you need to slow down and rest? Maybe it is just showing you where you can be kinder...
- Tune into your body and feel the sensations connected to each emotion; let them be expressed through movement and sound (laughter and tears included)
- Release your emotions. Try with the pillow scream, power stomping (standing and reaching to the sky while stomping feet into the earth), tantrum, shaking, or dancing.

# DID YOU KNOW THAT?

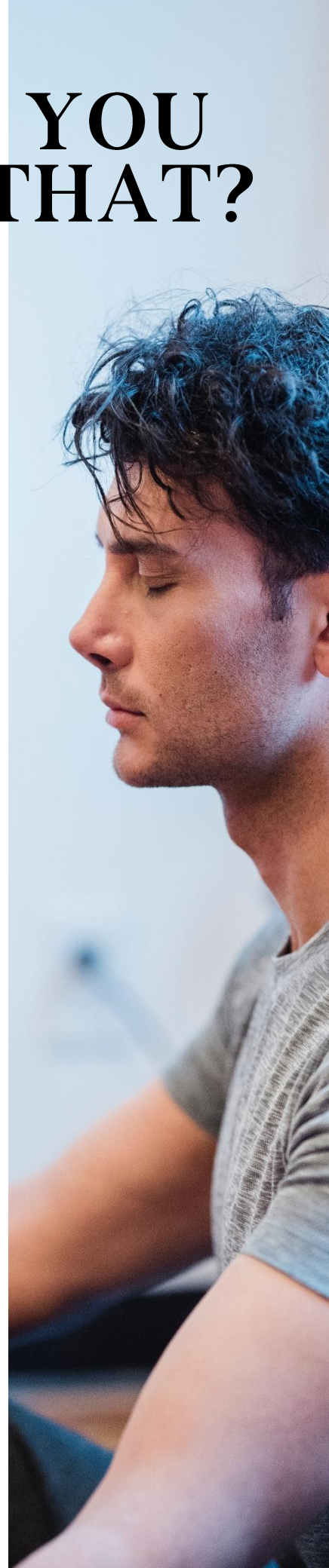
## **Focusing on the breath can be triggering.**

Mindful breathing exercises are widely used in mindfulness practices, in yoga and as grounding exercises for the proved beneficial effects on cognitive functioning and emotional regulation. Focused breathing exists in a number of variations, which in general follows the same main goal to experience and practice focused attention on one's own breath sensations.

However, focused breathing might be triggering. People suffering from anxiety and severe stress disorders are most likely to be in a state of fight-flight-freeze, which is an automatic physiological response to frightening or stressful events, when the sympathetic nervous system is activated and can trigger an acute response. When practicing focused breathing, participants drop into their body, noticing the tension, the stress, and the irritability. This could be very unsettling and feel unsafe, and may become a triggering point that produces more anxiety or even panic attacks.

From a physiological viewpoint, if you live with chronic stress or trauma, there is a good chance that you experience constriction in your primary breathing muscle - the diaphragm, which lies beneath your ribcage and contracts and flattens out to fill the lungs with air. As you exhale, it relaxes and expands upward. When we are breathing at rest in a parasympathetic state, it handles most of the work. But when our sympathetic nervous system is overactive, breathing becomes shallow and most of the work is done by the set of secondary breathing muscles, mainly in the neck and in the upper chest, while the diaphragm does very little.

What happens to muscles that have not been moved? They get stiff and eventually weak. Telling a constricted person to take a deep breath invites them to realize just how tight everything is inside. For some people that may be okay, but for other people it can feel terrifying. It can feel claustrophobic, suffocating, and overwhelming. In other words, deep breaths are a goal not the starting place. Sometimes relaxation requires starting outside of the body.





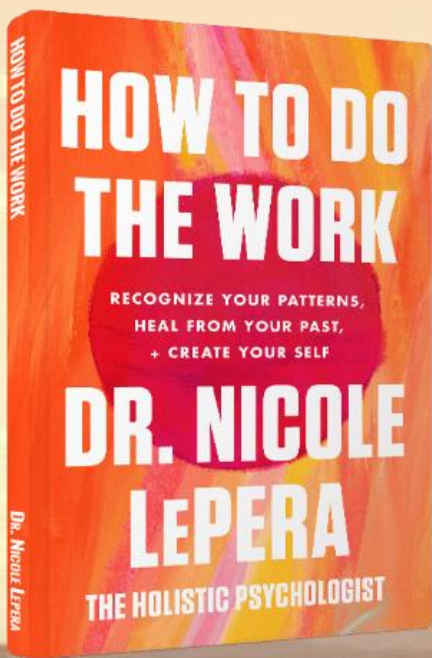


**The good news is that there are countless alternatives to becoming grounded, present, and land in the body.**

**A few techniques to try are:**

- Inviting the focus on neutral places in the body
- Tuning in to the body to find a place that feels neutral. Put the attention there. Neutrality is often found in places like the hands or the seat.
- Naming five things. Instead of going inwards too soon, look around and name five yellow things, five rounded objects etc. This allows the individual to become mindful while nurturing a sense of safety in the environment they are in.
- Sounds far to near. Following the sounds from the farthest away to the closest one is a great way to turn inward.





# & NEWS VIEWS

## **How to do the work: Recognize your patterns, heal from your past and create your Self by Dr. Nicole LePera**

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How to do the work by Dr. Nicole LePera - better known on social medias as The Holistic Psychologist - is a manifesto for self-healing and an essential guide to recognize and heal the inner child so that we can experience a more vibrant and joyful life. By focusing on the frontier research in the neuroscience and somatic experiencing, and acknowledging the interconnectedness of the human mind, body and spirit, the author invites the reader to stop outsourcing their mental and emotional well-being to something and someone outside themselves.

The book explores how adverse experiences and trauma in childhood remain with us, resulting in whole-body dysfunction. This can activate within us harmful traits that keep us stuck in cyclical patterns of co-dependency, emotional immaturity and trauma bonds. Doing the 'work' means taking our thoughts off of autopilot and witnessing them for what they are.

"Healing is a conscious process that can be lived daily through changes in our habits and patterns."

The book is honest and uncomfortable and the author is genuinely informed on the nature of the human nervous system, attachment theory and the role of the vagus nerve in engaging our threat response. Self-help books are often guilty of suggesting a day in bed with some chocolate as a form of self-care, which can be good but not enough. Self-care has been commodified and used as an example of self-indulgence lately. "Self-care is the act of learning to identify and care for your physical and emotional wants and needs, especially those that were denied in childhood." A huge part of self-care is moving beyond simply taking a walk (of course, this is beneficial!). It is about consciously witnessing your own uncomfortable actions and thoughts.



# THE *EXPERT* LOUNGE

## Giten Tonkov

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**As the creator of the BioDynamic Breathwork & Trauma Release System, Giten Tonkov has over 20 years of experience in body-oriented therapies. His modality has proven to be profoundly effective in supporting clients to release self-destructive behaviors such as addictions and negative thought patterns as well as improving health conditions.**

**I would like to start this interview by asking you why – in your opinion – people are turning to breathwork as a healing modality more and more. Is breathwork the new yoga?**

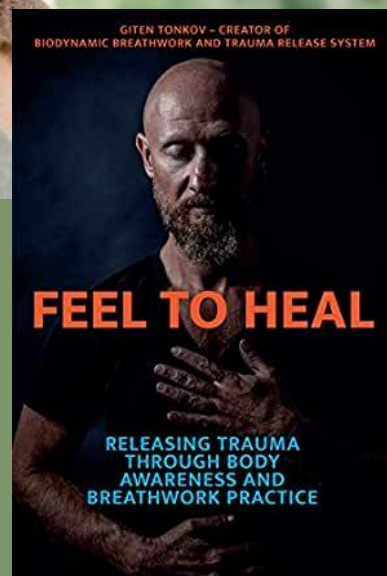
Many people, after practicing enough yoga, hit an agonizing point where they are being faced with a mirror of themselves in their practice. They start to see things in themselves that are painful, uncomfortable or simply not welcome. Have you ever during class found yourself judging the teacher, comparing yourself to your fellow students, damning your inflexible body...and then feeling guilty for being judgmental because that's not very "yogi", right? At that point, people either quit the practice or decide to dive deeper into their darkness and inner demons in order to bring them to the light and grow as humans. That's where the practice of breathwork can help.



**“We carry at least 7 generations of traumatic events”**

**Most people associate trauma with harrowing events like war or a natural disaster. However, even a distressing event that doesn't involve violence, death, or a disaster, can still have significant negative effects. How would you define trauma and do you think it is possible to be completely immune to it?**

Borrowing from Dr. Levine, trauma is anything that is experienced as threatening to our nervous system, our survival, or our wellbeing. The body holds memories without words; it holds feelings, emotions and reflexes of a moment. Each of us is the pinnacle of a family tree and we all carry with us through conditioning and our DNA a lot of trauma that our ancestors experienced. As I understand it, we carry at least seven generations of traumatic events that came before us. There is no immunity, just different extents and intensities.



In this revolutionary approach to living well, a pioneering trauma-release therapist puts relief in reach—with a multi-modal practice that can be done at home. Activating the body's natural healing processes has been proven to lift the oppressive effects of trauma—PTSD, chronic tension, pain, irritability, difficulty in relationships, and a lackluster daily experience.



**“The body holds memories without words; it holds feelings, emotions and reflexes of a moment”**



**The term “breathwork” has become very popular over the last few years giving raise to the birth of a number of different modalities. What the different conscious connected breathing styles have in common is the use of breathing techniques to unlock and release energy and as a way to unblock trauma. But breathwork can also be re-traumatizing to some people. Could you explain this apparent contradiction and what are the dos and don’ts to make sure re-traumatization doesn’t occur?**

If the breather doesn’t feel safe in their body or in the external environment, re-traumatization can occur. This is why it is crucial to spend time explaining the process and the possible unusual or involuntary physical sensations that the breather may experience. Moreover, we use titration and pendulation to ensure

that the client is never overwhelmed by their experience, simply exploring, releasing and returning to resource. Throughout the session, the breather moves from activation, to resourcing to build resilience and trust in the body allowing them to feel safe to open further. Going slow is key to avoid re-traumatization. The body’s systems need to become familiar with the release.

**The somatic modality that you have created - called BioDynamic Breathwork and Trauma Release System - relies on breathwork and other five elements. Could you tell us a bit more about this system and the potential of each element for trauma release?**

The multi-modalities used in the BioDynamic Breathwork and Trauma Release System complement each other

in treating trauma. Deep connected breathing is primary. Breathing with no pause between the in- and out-breath, the body starts to charge up. We activate the sympathetic nervous system – stimulating a fight or flight response in the body. This way, we have something to work with. It arises because it has been interrupted or incomplete in a previous experience.

Supportive touch is the second thing that happens. The facilitator supplies the touch to support the opening of the energetic flow through the breather's body. The next component is physical movement to allow the "charge" to move. Bringing the body into a position that triggers a vibration and tremor help the release of physical tensions. For example, if someone is anxious, shaking

and vibration starts to release the excess energy. Breath charges up and activates the sympathetic nervous system. Touch helps get things moving. We release it through the movement. Thus, body does not get overcharged, nor does the individual become overwhelmed.

Next are the emotions. When core tensions start to unlock, associated emotions begin to surface. The person is encouraged to stay present and conscious throughout. This way, the breather has the chance to put a name to it. Emotional release creates actual physical space.

Meditation is very each session starts and ends. It allows integration for the client and represents the resting state the mind and body return to.

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## 28 – 31 OCTOBER EMBODIMENT RETREAT MÁLAGA, SPAIN

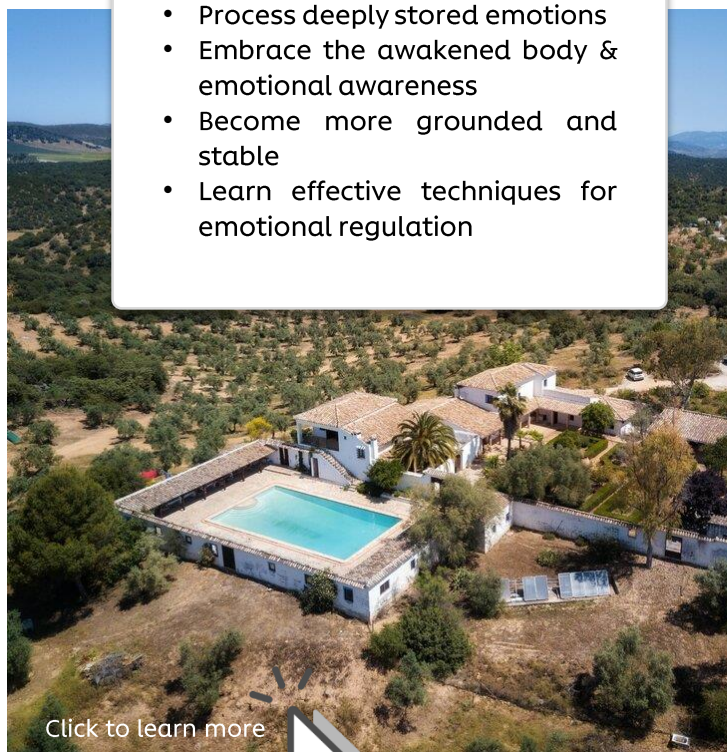
We invite you on a sacred journey that will help you live your life fully and fearlessly through mind, body and senses. Based on the physiology of emotions, energy work, breathing techniques and active meditation, this retreat will open up your heart to many blessings.

Our retreat in Málaga is designed to reconnect you with your true self and invigorate your whole being.

**Join our beautiful spiritual getaway!**

**During your 4-day stay you will:**

- Discharge unresolved energy
- Process deeply stored emotions
- Embrace the awakened body & emotional awareness
- Become more grounded and stable
- Learn effective techniques for emotional regulation



Click to learn more





Click to learn more

# THE INNERCAMP *TANTRA* METHOD

September 16, 2021 – June 23, 2022

Intimacy implies letting someone get close to us to see all our secrets and vulnerabilities. Revealing our inner essence can feel as if we are totally exposed with nowhere to hide. It can cause fear and apprehension. If we look at the word more closely, intimacy also implies getting to know ourselves more deeply - into me I see. We can embrace our imperfections, accept our faults, and develop much deeper connection with others. Intimacy is the ability to truly be seen, acknowledged, heard, and appreciated. Tantra can serve as a mirror and show your true reflection. It can teach you balance and self-love, which will help you, build intimacy with yourself and bring greater awareness of your own body and mind.

We are thrilled to announce our new training - The InnerCamp Tantra Method! This course is based on a scientific and spiritual approach to Tantra practices and is split in two levels. Level 1 provides the knowledge and skills that you need to deepen your Tantra experience and grants you with the Tantra Practitioner Certificate. Level 2 focuses on learning more advanced tantric tools, how to guide sessions, techniques to hold the space, and how to organise workshops and retreats. In order to receive the Tantra Teacher Certificate and be able to work with clients, you will need to successively complete both levels plus an additional 100 hours of teaching practice within the first year of your certification.



# THE INNERCAMP *BREATHWORK* METHOD

September 27 –  
December 13, 2021

## Teaching one single breathwork style is not enough.

Every person is different and has different needs: some people need to breathe through the nose, some people through the mouth, for some people it one inhalation is better, other people two inhalations, other people prefer to open a sacred space and call in the spirit animals, and other people are focused on the scientific explanation.

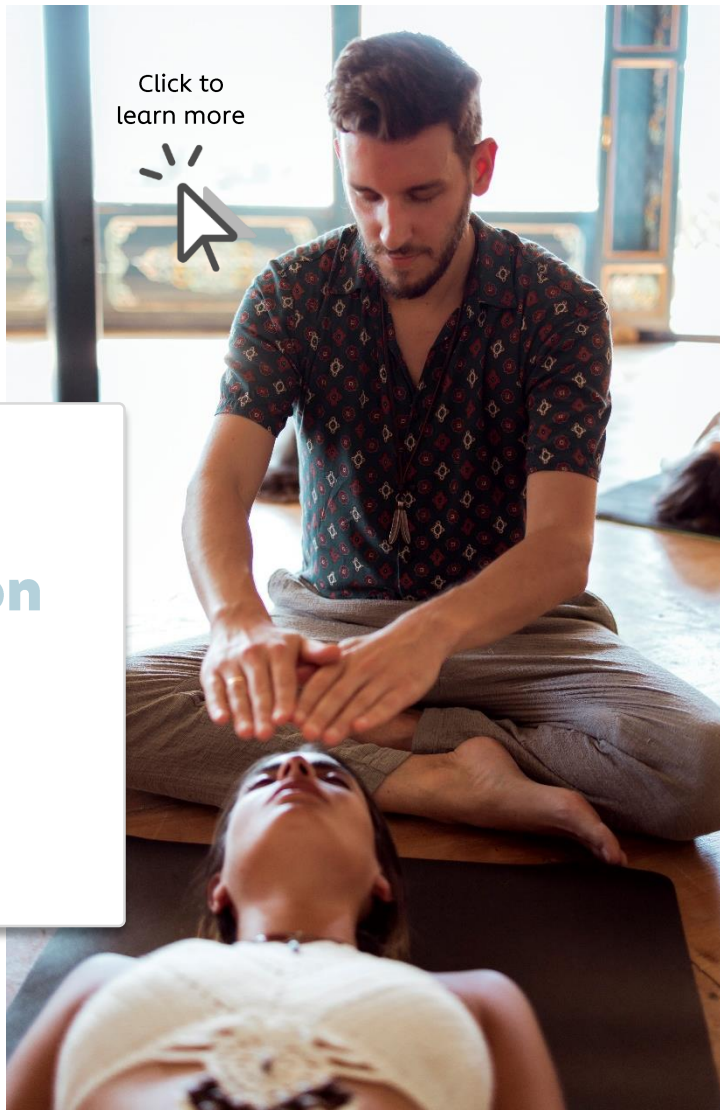
In the InnerCamp Breathwork Method program, we teach different styles that you can use yourself and with your clients. We teach the science behind the respiratory system, psychology, and traumas, so that you become a breathwork coach for everyone.

We are also very concerned about not bringing traumas and limiting beliefs to your clients, this is why you will do a lot of introspection during the InnerCamp course. You will also learn how to use bodywork with your clients, how to hold the space, how not to retraumatise your clients, and how to organise events, sales, and marketing.

Click to  
learn more



**Our clients say that**  
**1 breathwork session**  
**with InnerCamp**  
**equals 10 therapy**  
**sessions**





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