



TITLE: Reconnecting the head, mind and body with Maggie Hayes

Like a dog shaking after a bath, the movement of the body is a form of emotional expression. Humans have been socially conditioned to overlook the power of sensation in the modern world. We regulate our bodies by internally containing our stresses and emotions, leading to anxiety and the denial of natural self-expression. This episode is all about reconnecting our heads, hearts, and bodies through using movement, breathing and meditation.

From cold showers to dealing with anxiety, in this episode of 'Evolve', Maggie Hayes talks about what she's learned from being a somatic mentor and embodiment guide. Over the past 10 years, Maggie has been on a journey that's taught her the significance of reconnecting with the body to channel energy, and the importance of breath-work to stabilize the nervous system. Maggie's work on The Core Rising Method specifically aims to help those healing from trauma.

In this episode of 'Evolve', we also touch on:

- The three pillars of The Core Rising and how they help us reconnect with ourselves.
- How the body can help us to express stress.
- Unlearning socially conditioned methods of regulation.
- How breathing can be used to regulate stress.
- Why the vagus nerve is important and how it connects to the body.
- Basic breathing methodologies, like the 'Breath of Fire'.
- Managing negative energy through meditation.

Unlock the wisdom within your body, by starting to reconnect with it.

I hope you enjoy this episode of Evolve: A new era of Leadership. To learn more visit my website: www.carolynswora.com or send me an email to support@carolynswora.com. I'd love to hear from you.

You can also connect with Maggie here:

Website: www.thecorerising.com

Instagram: [@itsmaggiehayes](https://www.instagram.com/itsmaggiehayes)