



THE HIVERY

HOW EMBODIMENT AND NERVOUS
SYSTEM REGULATION HELP YOU
ACHIEVE YOUR GOALS

Mahina Nabão

EMBODIED EMPOWERMENT COACH
& HOLISTIC SEXUALITY TEACHER



Hi! I'm Marina and I'm a body enthusiast!

I coach folks 1:1 and teach Holistic Sexuality at the year long VITA Coaching Training, created by Layla Martin



About me

- Where am I from?
I'm Brazilian and moved to Mill Valley, CA in 2019 after marrying David, the love of my life
- Who do I help?
I work with women and non-binary folks who are ready to dive into the beautiful process of embodied empowerment.
- What's a fun fact about me?
I LOVE silly jokes! The kind that makes no one else laugh but me!

“ Body awareness is something we want to cultivate and make an intrinsic part of our lives, because living in a body-aware way gives us a sense of aliveness and purpose in all aspects of life.

Peter A. Levine, PH.D. - creator of the Somatic Experiencing





- The remarkable shifts that can happen in your life with embodiment and nervous system regulation
(and how the lack of it might be keeping you trapped)
- How to use embodiment to access deeper layers of wisdom, creativity, vitality and focus
- How nervous system regulation can set you up for thriving in business and life

Three Things You'll Learn Today





Practice #1

Locating and naming your bodily sensations



Sensations Vocabulary

- achy
- airy
- bloated
- blocked
- breathless
- bubbly
- buzzy
- chilled
- closed
- cold
- constricted
- contracted
- dense
- dizzy
- energized
- expanding
- fluid
- frozen
- heavy
- icy
- itchy
- moving
- numb
- open
- pulsing
- quiet
- quivering
- radiating
- shaky
- sharp
- smooth
- suffocating
- tender
- tense
- tingling
- warm



Practice #2

Mind-body integration
with gentle nervous
system regulation
connected to your goals



- **Think about your specific goal**
Make it simple and concise like: "Finish writing my book" or "Launching a new service offer"
- **Why do you want that?**
Notice why that goal is important to you
- **What will change once you achieve that?**
Think of inner and external shifts
- **Who will you become?**
There's no right or wrong here, just name what comes to your mind



Nervous System Regulation

Always make sure you are gentle and fully present when practicing these



Move your sensations

Play a song and allow your body to move whatever is present there, no need to follow the rhythm or anything, just letting the body freely express how it wants to.



Resource in nature

Go out for a walk, possibly barefoot on the grass or sand (if you live by the ocean) and feel the ground beneath you hold your energy, receiving the extra load that you might be carrying, and offering you a sense of grounding and deeper support.



Gently shake your body

Set a timer for 3 minutes, both feet on the floor, legs hip distance apart, unlock knees. Smile and breathe with a relaxed jaw. Allow the shaking to grow from your feet, up your legs, your pelvic area, your torso, until it reaches your head.

How to find me

@marinanabao

MarinaNabao.com

marina@marinanabao.com





THE HIVERY

*Thank you for
watching!*

Join us at TheHivery.com/join

