

WHAT MAKES YOU HAVE A POWERFUL BODY LANGUAGE?

How to Adopt a Confident, Trustworthy, and Likable Body Language

Eye Contact

Relaxed and present, not looking away

Posture

Open, upright or slightly inclined forward, arms to side, facing other person

Hands

Open, visible, palms up



Head

Centered, not tilted, facing other person

Voice

Conversational volume, calm, firm, not shaky

Open Body

S Ashworth



Open Body:

Heart Open, Body Awake Susan Aposhyan, 2021-08-24 The human heart forms the essential link between body and spirit In Heart Open Body Awake master somatics teacher Susan Aposhyan presents a simple yet richly detailed four part practice to experience this link in all its unfolding wonder opening our hearts feeling our bodies allowing ourselves to move and be moved and connecting with the world in its fullness Aposhyan weaves together insights from a range of scientific psychological and spiritual traditions to present a practical path toward embodied spirituality Beautiful anatomical illustrations help readers to visualize the body systems processes and movements described in the book Through the practices offered in Heart Open Body Awake your sense of spiritual wellness can become as near and palpable as your sensitive beating heart

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