

Spirit Rock



Coming Home to the Body: *A Path of Kindness, Imagination, and Freedom*

Awakening Through Awareness, Kindness, and Imagination

A 7-Month Somatic Dharma Journey with Jill Satterfield

4-Month Teaching Immersion + 3-Month Community of Practice

Where mindfulness meets imagination, and the body becomes the gateway to insight and freedom.

Program Overview

Most mindfulness programs teach us to observe experience.

This journey teaches you to **inhabit experience, reshape it, and live from it.**

Guided by **Jill Satterfield**, a pioneer in somatic meditation, subtle-body awareness, and trauma-sensitive movement, this seven-month program offers a complete embodied path of practice—one that integrates awareness, imagination, and kindness as living capacities of the body.

This is not a technique-based course.

It is a **relational, experiential, and deeply human path**—one that honors the intelligence of the body as a source of wisdom, resilience, and freedom.

Program Structure at a Glance

Phase 1: Teaching Immersion (Months 1–4)

A structured, progressive curriculum introducing the core principles and practices of the Subtle Body Path.

Phase 2: Community of Practice (Months 5–7)

A supported integration period focused on lived application, experimentation, and embodiment in daily life.

Phase 1 — The Teaching Immersion (Months 1–4)

The Teaching Immersion is a four-month guided curriculum designed to establish a stable, kind, and flexible relationship with the body as a field of awareness.

You will learn how to:

- Use the body as a **refuge** for rest, insight, and emotional regulation
Sense experience directly, before story or judgment
- Access imagination as a means of physiological and psychological transformation
- Cultivate kindness as a **felt, embodied way of being**, not just an idea
- Respond with discernment rather than react from habit

CORE MODALITIES OF THE PATH

This multi-disciplined somatic approach includes:

- **Breathing practices** attuned to your individual nervous system
- **Slow, mindful movement** movement and breath are matched to meet you where you are
- **Subtle-body awareness** as a field of sensing and deep knowing
- **Embodied imagination** to support emotional and physiological change and skillfully guide the unseen, for increased agency.
- **Heart practices** known as the “divine abodes,” are directly felt, immersed in tissue and readily accessible

- **Embodied presence:** inner awareness, or interoception, integrated into daily life, conversation, and relationship

Rather than standardizing the body, this work honors each body as a unique expression of history, temperament, and current conditions.

“Bodies are lived sites of meaning.” — Frantz Fanon

“Seeing form with the whole body and mind... one understands it intimately.” — Dōgen

What You Will Learn

THROUGH THE BODY

- Recognize early physical signs of emotional activation
- Regulate the nervous system through breath, posture, and movement
- Interrupt reactive patterns with spacious embodied presence
- Adapt practices to your physical needs and capacities

THROUGH THE HEART

- Access compassion, kindness, joy, and equanimity as **felt experiences**
- Meet difficult emotions with tenderness and steadiness
- Develop greater emotional fluency and resilience

THROUGH THE MIND

- Establish mindfulness of body and mind to recognize habitual patterns
- Use imagination skillfully to shift physiology and perception
- Trust intuitive and embodied ways of knowing

THROUGH COMMUNITY

- Practice within a stable, kind Saṅgha (spiritual community)

- Discover the value of difference (there is no single right way)
- Engage in shared inquiry and reflection

Monthly Teaching Arc (Phase 1)

MONTH 1 — SETTLING THE BODY:

BEING WITH WHAT IS

The foundation is **capacity**—the body’s ability to remain present as thoughts and emotions move through without becoming stuck. We gain this capacity by:

- Establishing balance and spaciousness in the nervous system
- Learning how breath can be shaped with care and choice
- Discovering breath as a vehicle for kindness and attention
- Developing sensitivity to what the body needs moment by moment

Breath becomes multidirectional, responsive, and relational—an expression of agency rather than control.

MONTH 2 — HEARTFULNESS

EMOTIONALLY-INTELLIGENT EASE

As bodily awareness deepens, emotions are met as **felt energies**, not problems to solve. Investigating is immersed in the felt sense by:

- Meeting emotions as felt energies, not problems to solve
- Working gently with long-held emotional patterns
- Differentiating direct experience from inherited or outdated stories
- Allowing change through softening rather than confrontation

“Muddy water—let stand—becomes clear.” — Lao Tzu

MONTH 3 — IMAGINATION

INTERNAL TRANSFORMATION

Imagination is a profound human capacity for change—integral to healing, intention, and evolution. By internally sensing the unseen, imagination provides agency for change. This month explores:

- Imagination as a guide toward how we wish to be
- The physiological and psychological effects of visualization
- Intention as embodied orientation rather than mental striving
- Opening to larger dimensions of meaning and spirit

“The true voyage of discovery is not in seeking new landscapes, but in having new eyes.” — Marcel Proust

MONTH 4 — KINDNESS CHANGES EVERYTHING

Kindness is not merely an attitude—it is a **somatic state** that can permeate the entire body. Developing softness opens the body to feel:

- Kindness, tenderness, and receptivity as felt experiences
- Infusing daily life with embodied compassion
- Kindness as both gentle and fiercely ethical
- Responding to harm without hatred, and to suffering without collapse

“My religion is simple. My religion is kindness.” — His Holiness the Dalai Lama

Monthly Rhythm (Phase 1)

Each month includes:

- A live teaching and guided practice with Jill
- Time for questions and embodied inquiry

- Suggested home practices for integration and experimentation
- Optional peer reflection circles guided by Jill’s trained students

Phase 2 — Community of Practice (Months 5–7)

The Community of Practice is a three-month integration period designed to **bring the teachings fully into lived experience**.

Rather than adding new material, this phase emphasizes:

- Practicing the themes from the immersion in real-time with real-world conditions
- Gentle experimentation and discovery
- Refining what works for *your* life
- Sharing how practices show up for you and learning the variety of practice expressions from each other

Core Elements of the Community of Practice

- Monthly themes to orient daily life practice
- Ongoing peer circles focused by interests in the different themes for shared exploration
- Embodied inquiry through dialogue or journaling
- A supportive international Saṅgha

This phase allows the teachings to **take root slowly and steadily**, honoring rhythm, difference, and personal timing.

Living the Practice: “Come and See for Yourself” (Pāli: ehipassiko)

The Community of Practice emphasizes **experiential learning**, such as:

- Tracking how morning practices influence the day
- Noticing when attention leaves the body—and how to return

- Allowing discomfort to move through without personalization
- Practicing presence during conversation and relationship
- Exploring how breath placement shifts perception and response
- Learning to receive pleasure, generosity, and appreciation
- Embodying joy even amid a troubled world

Practices may be explored in small groups, dyads, or journaling—according to preference.

With time, humor, and repetition, these embodied skills become **available when they matter most**—in moments of challenge, intimacy, and choice.

Closing Orientation

This is a path of **embodied peace and resilient compassion**.

A path of sensing, imagining, and kindness—lived from the inside out.

The body becomes not something to fix or transcend, but a place to come home to.