"Erin and Carl Rabke are two of the most awake, compassionate, and embodied practitioners I have worked with. Both of them bring inspiration, subtlety and exquisite nuance to their instruction. They are deeply in touch with their audience and I would entrust anyone to their reliable hands."

Diane Musho Hamilton,
author of Everything is Workable and The Zen of You and Me

Meet Carl Rabke and Erin Geesaman Rabke

Carl Rabke and Erin Geesaman Rabke steward a living body of work called Integrative Embodiment. Between them, they have more than 45 years of experience offering somatic education and bodywork. Passionate about their ongoing education, they have extensive training in The Feldenkrais Method, Yoga & Yoga Therapy, Structural Integration, Embodied Life, Embodied Meditation, Tai Chi, Focusing, Ayurveda, and more. They share a passion for sharing potent practices that support people in becoming more embodied, more mindful and aware, more rooted in liberating kindness, and more free in all ways; as well as more able to bring their unique gifts forth to benefit the world. Both together and separately, they offer private sessions, workshops, in person and online courses, as well as retreats both locally and around the world. They are the creators and hosts of the Embodiment Matters podcast. Erin also offers regular community rituals for Tending the River of Grief. They are currently at work on their first two books.

EMBODIMENT MATTERS PODCAST

Embodiment Matters is an ongoing, rich conversation about what it really means to be embodied, and why and how embodiment matters so much in our daily lives and in our world. Our guests include wise and insightful teachers from the realms of somatics, Buddhism, meditation, social justice, psychotherapy, movement arts, bodywork, martial arts, neuroscience, environmentalists, indigenous teachers, and more.

In our conversations, we explore a wide range of topics around waking up and being embodied, and offer guided practices to help return to your embodiment as a source of wisdom, guidance and intimacy with life.
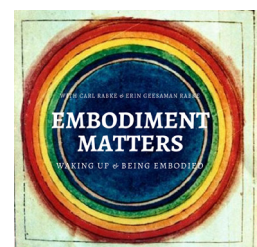
LISTEN HERE

HOW TO WORK WITH THEM

Private Sessions in person or online
Online Courses
Local courses, workshops, community rituals and retreats
Residential retreats in beautiful places
Read their writings
Listen to their podcast

"As a fellow body awareness professional, I have the utmost respect for the amazing work that Erin and Carl do. When my clients need some extensive and specialized therapy I happily refer them to Erin and Carl because I know that they will receive the utmost care from such knowledgeable and mindful somatic awareness professionals. Each time I personally receive treatment from either Carl or Erin, I learn so much about myself through their skillful approach to navigating the body toward complete ease and freedom. I simply can't say enough good about these two."

Scott Moore, New York, NY,
Professional Yoga Teacher

www.BodyHappy.com
Integrative Embodiment

"I have been blessed to have been students of Erin's and Carl's over the last twelve years. The first many years of that experience was as a yoga student and now, of late, as an opportunity to re-experience Feldenkrais. Their compassion, kindness, intelligence, extensive training and incredible talent as teachers has always drawn me into their circle. There are very few better as communicators. Listening to their words and following their very poetic cues enables access to entirely new sources of movement that flow like water. This work is so powerful and integrates so well in our daily lives and activities; all else becomes more easeful, efficient, unencumbered, joyful. Their ability to teach this work is equally profound and joyful and not to be missed.

Lise Fischer
Co-Owner of Streamline Pilates Teacher Training Program
www.StreamlineBodyPilates.com

IMPORTANT LINKS

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