

# Ep #196: Magic of Graduation: 10 Years Post Graduation with Natasha Boldrieff



## Full Episode Transcript

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**Susi Hately**

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**Male Announcer:** You're listening to *From Pain to Possibility* with Susi Hately. You will hear Susi's best ideas on how to reduce or even eradicate your pain and learn how to listen to your body when it whispers so you don't have to hear it scream. And now here's your host, Susi Hately.

Susi: Welcome, and welcome back. I'm really glad that you're listening today because I have a real special treat. I think I say that almost every episode, truly. Like, I'm so glad they're here because this is going to be amazing.

But really, this one is going to be amazing because I have a super special guest, Natasha Boldrieff. And the reason why she is so special is because I think, Natasha, you were one of the first people who went through my certification program. You were definitely in an early, early cohort.

And the reason why this is such a great episode is because I'll have other folks on, like new grads and trainees, and what about the people who've been there and done that? What's the longevity of this? And what do you do with it? And where do you grow from it? Because people take trainings after they finish certification, and where is all this evolution that then occurs? And so Natasha and I were chatting the other week and I thought, "You know what? This is a great example of just what is possible."

So Natasha and I are here today. And to give a little rundown, and Natasha will share more about more. But Natasha is based out of Orangeville, which is a small center in Canada. And we met way back when in Toronto, I believe at a yoga conference. And I'm going to give Natasha that opportunity to tell that history.

And that was way back in the early 2000s. And we are now in 2023. So this is going to be a great story of just what's possible with the certification program, with getting out of pain truly, and just all those juicy, yummy things. So, Natasha, welcome. I'm so glad you're here.

Natasha: Thank you. It's really good. This conversation needed to happen.

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Susi: It's a long time coming, right? When was it that we first met?

Natasha: So I finished my yoga teacher training and I was with somebody who was more esoteric. And one of the students and I said, "Well, we want to open a yoga studio, but we don't have any anatomy. So what do we do about that?" So enter in your how to prevent injury and yoga asana. You were going around, this was your big tour of launching your book.

And so we went and we met there in 2005 in the fall. And it was awesome. And you woke me up to so many things. And it was just the tip of the tip of the iceberg, just like teacher training is the tip of the tip of the iceberg. And then after that I kind of percolated, we were running the studio, and then in 2008 I took the intensive with you in Toronto in that dingy dance hall place on Young Street.

Susi: Oh, the spaces I rented back then. Yes.

Natasha: But boy, did you spark more curiosity of what was possible. And then it was 2010 that I took year one of the certification. And then 2012 I took year two of the certification. Yeah, we finished July 2011 of year one. And then September 2012 was year two. And I graduated in August 2013.

And everything you've ever taught me and all the things I ever took afterwards, and the mentoring that I did, like I was always learning. I was always learning. And I've basically become an alchemist of everything you've taught me, I've alchemized.

Susi: That's so lovely. How are you utilizing the information that you learned back then today? Like what are some of the key areas that you find that this shows up?

Natasha: Okay, here's a fresh example. I'm going to give an example and then we can break it down. Yesterday I went to a group home and I met a nonverbal gentleman who's 55 with cerebral palsy. And so he doesn't know me. I can't impose on his structure. I can't impose on him at all, he's

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nonverbal. So I'm like how do you introduce yourself to this person's nervous system?

So everything you ever taught me, right? And that this healing is the space between us. So that, you take into that. So I took that into it. He was there, I was there and we met in the middle. And this is not that he's a horse, don't get me wrong. But when people approach a horse, you have to let the horse's rear end know, hey, I'm behind you, it's okay. Right?

You have to let that nervous system know, especially if it's skittish and unsure and feels unsafe, that you're there. And so that approach has been so integral, of always meeting the nervous system. You're so good with are they into story mode? Are they talking? But in this person's case, this man's case, he couldn't give me anything. So then the senses have to go on.

How do his tissues feel? What is moving that should be moving? What is moving that is not moving? Where is their ease in his body? Where is he holding? How is the bracing? How is he breathing? What are his facial expressions?

Every ounce of him, you have to observe and meet. And again, keep that space in the middle to know that we can do that dance between him and I and him and I. What is needed? What is not needed? When are we in stillness? When are we doing something? When am I explaining? When is there silence?

It's really all of that. So I hope that example kind of shows that those are all the principles in that one moment. They're still with me. They're ingrained, they're imprinted, they're hardwired.

Susi: That's a remarkable story on so many levels. Because sometimes one of the techniques that I'm working on when I'm training people is sometimes you just have to pretend the person can't speak. And so if the

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person can't speak, the person can't give information, then how do you get the information?

And then how you get it is truly by being able to observe and to perceive. And then if you're in person with them, then you are getting a sense of, what's the conversation of the tissue?

And the way that we're talking about this, Natasha, I think is really important because a lot of what happens in many treatment processes is a very linear process. It's a very binary and a very black and white type of an experience.

And I recently had a podcast episode around one of my trainees and private clients who has scoliosis and she has a hump. And she actually acknowledged in the podcast that she was looking for tips and tricks of like, how do we manage this? And what are the muscles that are involved here? With the idea of like, if I just know the muscles that are involved, then I can make a change.

And then she was surprised when we didn't go that route, because it's just not the route that I have found over time actually works. Because even if we could determine what muscles were involved, the question is, well, why them? Why those? And then for some people they might be hearing this and going, "Oh my God, seriously?" And it's like, well, yeah, seriously, because the body responds to the forces at play. It's not a binary flip the switch on, flip the switch off experience.

So to be able to work with clientele, and whether they are verbal or nonverbal, however they are in the spectrum of abled or not able bodied folks, it's that experience of being present that becomes so, so, so important. Do you want to add to that at all, Natasha?

Natasha: Absolutely, that's the critical piece. It's so critical. So I see people that are also very verbal, almost too verbal. They've been in catastrophic car accidents and they're actually deemed catastrophic.

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So I'm working with post concussed people that have persistent symptoms. Everybody that's at a standstill with physio is not working, this isn't working, this isn't working, this isn't working. And then they come to me because they know I'm an alchemist. And they know that I'm going to look at the infrastructure.

You've taught me that we're like an optometrist with all those lenses, right? So if this lens doesn't work, try another lens. But you're still observing, but you might need another lens or another approach. I talk to them like that. I'm like, "Okay, let's try another approach." Or, "Here I am at a crossroads. We can go this way or this way." And then I let them tell me, you know, that way feels good. So we kind of make it an intuitive process.

I know I'm not really answering your question. But so I'll have somebody come in and they're like a cat on the ceiling. And I'm like, how do I introduce them to the floor when they're a cat on the ceiling? That is like 100 kilometers. I know where I want them, but I can't just get them to come down to the floor because their nervous system is in such a state of hyper awareness.

And they're so guarded, and they're so braced, basically, because they're still braced for the impact or braced because of the impact that they had in a car accident or in a life event. So how do we meet that? There's so many elements, our voices, our beingness is so critical to where they can start to be and not be in the, I'm going to just say the clusterfuck of it all because I don't know what else to say sometimes.

You can just see it, they can't see the forest for the trees. So then you're the one that kind of shows them, okay, this is the bark of the tree. Here are the root systems. Let's just see how the trees kind of breathe, right? Like using the tree metaphor just to kind of find a way. And like, oh, is it an elm or is it a birch?

Like we have to kind of untangle and tease out in a way that doesn't feel like we're imposing on their structure, on their state, on their personality

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and on their wishes, right? If they're just like, "I just don't want to be in pain anymore," well, that's a big order because there's a lot of complexity to why the pain is still there. I don't know if I answered your question. I had a lot to say in that moment, sorry.

Susi: Well, let's unpack that a little bit. Because one thing I learned very quickly working with Natasha, and I can see why she has found her way or the catastrophic side of injury has found her in a sense, you heard it in the way that she spoke. She has a very metaphorical and image-based way of processing information.

And I remember when I was first working with her and we were down in the basement of my house and she was looking at somebody, one of the trainees. And I was like, "So what do you see?" And you came up with something that I'm like, okay, I get what you're saying, but I have no idea what you're talking about.

And I stepped back and I was like, all right, how do I work with someone who's got such a rich, rich, rich, metaphorical understanding of another person's body and being, and help train that to be excellent? And so what's so great about this is that Natasha is Natasha, her skill is her skill. And so she's utilizing these different textures and trees and these images to really point out the uniqueness of an individual.

And not only of the individual, but of the characteristic that makes up who they are and the way that their nervous system has so far responded. I mean, she doesn't know them before, she only knows them with the nervous system that they currently have. And not only the nervous system, but all of the tissue.

And so when you can start to be able to perceive the quality of the tissue, and you can do this whether you're on Zoom or not. I solely work on Zoom these days. So you can see this in Zoom, you can experience it in person, but it's this element that becomes so vital. So here is where, like when I'm talking about component movement, when I'm talking about the gradient of

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sensation, so when Natasha and I first met I was using the traffic light analogy. And we had the red, the yellows, and the greens.

In order to support someone in their healing process, there are many ways through. And one of the ways that I utilize an awful lot is coming in through the body and helping the body find its base level component movement. So what is objectively actually moving? The leg bone in the pelvis, the arm bone in the shoulder socket.

And the reason why that's so effective. And in addition to seeing, okay, are those moving or not moving? What are the bracing patterns that someone is using to do those movements? Are they holding their breath? Are they not holding their breath? What is the quality of the movement while they're doing the movement? And can even feel what they're feeling?

And so when we start to be able to perceive this, we start to really recognize why some traditional rehabilitative exercises won't work. Because a lot of times, not all the time, but a lot of times when exercises are given, they're given on a piece of paper and they're provided to the client. They're told, okay, let's do two sets of 10 or three sets of whatever, and off they go.

And for a lot of people that works or it wouldn't be done. And then for some people, it doesn't work so well. And part of that is because of this multi-layered idea of who a person is. And so if we just sort of superimpose the photocopied piece of paper of two dimensional images, it's like, well, there's only so far we can take that.

Natasha: Can I add something to that? So that gentleman that I saw yesterday for the first time, they had the exercises that physio gave because he falls a lot. He's epileptic, he has grand mal seizures and there's a lot going on for this individual. And he could not stand the presence of the physio because the physio went in there to say your hamstrings are short, so I'm going to raise your leg and stretch those hamstrings.



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That was not the approach with this person at all. But like what you said, okay, let me just feel the weight of your leg. Let me just see how that thigh bone is moving, like a lazy eyeball in an eye socket. Let's see how that head of the thigh bone is rolling in that acetabulum. And he loved that. That was a nourishing movement because we met at the largest joint first, just like what you said.

That's one of the principles. I still apply that because it works. And it meets everyone, no matter who they are or where they're at. Whether it's an athlete, whether it's somebody that struggles to breathe and move every day, whether it's somebody that's overcoming surgery. It's through and through. It's tried and true.

Susi: So that's a really great example of working with someone who's nonverbal and highlighting how some practitioners might say, "Oh, my gosh, how can I work with someone who's nonverbal?" Well, how you can work with them is really tuning into what their body and what their tissue and how their tissue is responding. Because not only is the body intelligent, but it has movement patterns that we can really discern, right?

And we can really feel and help the person feel how their body is moving. And how we do that is a major piece to helping someone down regulate their system and come into that safe, supportive space that is internal to them.

So that's an example of nonverbal. Can you give an example of how you might work with someone, because as you've mentioned, you tend to see the folks who have been labeled as catastrophic. And they've been to a number of different practitioners already and they haven't necessarily worked very well with the practitioner or the practitioner hasn't worked with them. The relationship just has not been one that has been supportive in the healing process.

Natasha: Or they only took themselves off.

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Susi: Sure. And they weren't satisfied with the so farness, they wanted to go the rest of the way. So give an example of someone who is verbal, for example, and how you might work with them integrating the principles that you learned.

Natasha: So I have people that come because their seasonal activities changed. Like this avid gardener is getting ready for skiing season, eventually. A cross country skier. So she'll come to me and she'll be like, "I just want that tune up. I just want to make sure everything is moving the way it's supposed to move."

So our touch is so integral to just showing them, okay, this is the leg bone. Or like, oh, look, it doesn't love this direction so much. It kind of wants to deviate and go in another plane, a directional plane versus the one that we're moving in and that's curious. And then they get curious.

Curiosity, that's something you've taught me, Susi, is part of this whole thing. Unless they're curious, there's no investment, there's no interest. So that's been very, very helpful.

Susi: Let me just ask, have you worked with anyone who did not show up being curious and where you were able to facilitate them into a state of curiosity?

Natasha: Oh God, yes.

Susi: All right, so explain something like that. Because you're right, curiosity is absolutely the motherload in terms of supporting someone in getting well, right? It's a completely different headspace. So walk through how you might support someone into that space.

Natasha: Okay, so I have the curious woman coming in. And then she's like, "Holy cow, my husband needs to see you." So then she sends the skeptical husband who is like, "I'm here because my wife," right? And I love those guys. I love them, love them, love them. Why do I love them?

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Because I let their body show them the way. I let their body show them that there is another way.

And those are the best clients because it's unmistakable. There it is, there's their proof. It's there because we applied ease, we applied not imposing on the joints. We started with the large joints, well, isn't that curious? Like I'm curious, they're not curious yet. But I'm like, "Isn't curious how your neck wants to do everything, like a sled dog? Everything I'm asking, your neck gets involved, that's a little curious to me."

And they're like, "What?" They have no clue, no clue. But then we start, we start and at the end, right, at the end they don't know what it was but they know that everything just makes more sense in their bodies. And then you hear from the wife later, "Yeah, now he shot his best round of golf."

Sorry, it sounds like I'm describing a 1950s couple. Sorry, it's so like not 2023. But they'll come and they'll report this. This is true. These are true facts.

They'll come back and they'll say, "He usually has a nap in the afternoon. He actually felt really energized and kind of painted the shed because he never would have done that and I was nagging him forever. But he didn't feel good enough to do that. He didn't feel integrated enough to do that. Now the integration is there. Fantastic."

So I love the skeptical. When you apply the principles, it reveals. It just shows them. There's a revelation for them and the people in their lives. Like, wow, okay, we're so habituated. Our movement patterns have now become maladaptive, right? We're just so habituated. We're like water, we always follow the path of least resistance.

Water will always follow a path of least resistance. Oh, there's something there. I'm going to go around it now. That's how we move. Okay, my shoulder is hiked. All right, I'm just going to kind of go around it and still get this done because I've got to get my day done. I've got to get my day done.

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But isn't there a nicer way of doing that? Isn't there a way that feels like you've got excess energy, that you can go to the movie and have a coffee after and do all the things and that you're not toast by three o'clock? Because all of those forces that you said are pulling on a body, on a system, it's impossible.

If you're trying to go forward, but you're going sideways with a slight rotation backwards, but you're trying to go forwards, that's exhausting. That's an inordinate amount of resources that you are asking to pull and draw on the body. We only have so much.

And this is another thing, another Susi-ism, we only have 24 hours, seven days a week. What are we going to do with those? And how are we going to live those? We all have the same amount of time, how are we going to apply those? And how are we going to be in those? So important. These are important questions.

Susi: What's lovely to hear in this conversation is how you have not only integrated what you learned, but where you've taken it to next. And if you harken back to where you may have struggled, if you can remember back in the day, and where you are now, what's the real progress that you've made?

Natasha: So when I look back now, I know I was frustrating for you a little bit with my analogies. And I couldn't be in my body when I first started with Susi. I just couldn't do it because it wasn't safe enough. So now I know that as a very dissociated, unregulated nervous system, because I've done a ton of research about that over the last three years.

So I was completely dissociated and unregulated, and probably had a learning disability as well. And sensory issues, like there was a ton of stuff. But I stayed the course. I stayed the course. I had to stay the course. And perspective was everything. And, Susi, I remember going, ah. Like I didn't get things as fast as other people would get them.

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And I just felt really frustrated by that and Susi was really awesome, because I'm like, I'm just such a late bloomer for everything. Just everything in my life, I'm just a late bloomer. And then I hear a pause, and then I hear Susi go, "Natasha, you're actually bamboo." I'm like, what? What does that mean? Like she's throwing an analogy back to me and I'm like, what?

"Yeah, your bamboo, you take a long time to develop and get the sustainable root system down. You take a long time to build that integral foundation of that root system. But once you have it, oh my God, won't you be sustainable and flourishing and amazing?" And I guess you were a prophet or prophetic in what you said, because that's kind of how it became.

That's what became, I am bamboo. And I am so grateful that I'm not a late bloomer, but I'm actually bamboo. Perspective, is everything right? This shoulder will always be this, or I'm always going to be my left bursitis in my hip. No, you're not, unless you believe you will be.

So belief, perspective, oh my goodness. That idea of possibility and that ease is possible, is so important. It's important across all aspects of your life, not just in movement. And I think it was Cheri Huber that says how you do anything is how you do everything. And that goes for belief, too.

When we see our people and we see how they write their names down or sit down and just kind of throw their stuff down, you know how they brush their teeth. You know how they drive their cars. You know how they cut their vegetables or feed themselves or nourish themselves or speak to themselves in the mirror because it's all evident. It's across the board.

Yes, yes, yes. Study, observe, perceive, it's always there. It's all there. And I'm so grateful that Susi saw that in me before I could see it in myself. So thank you.

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Susi: Yes, the other thing was bamboo, from what I understand, and I could be wrong on bamboo. But I do remember that conversation with you. And that is that bamboo does set its roots and when the roots are set, it grows like crazy.

Natasha: That's right.

Susi: It just takes off. And so once it comes above ground it just, from what I understand, it just grows like crazy. And I love the idea of my being able to give you an analogy back because analogies are your thing. Like metaphors are your thing and they can make so much sense in a teaching perspective, right?

Natasha: Vata, Gemini, so mental. So mental, I'm always thinking about pictures and images, that's just my language. It will always be.

Susi: And so I think the important thing here too, is that we've heard from different people on the podcast, and more coming up, in terms of the way that they're describing their experience. And if you haven't listened to the previous episodes, we'll be posting them in the show notes. So do look at them because what you're going to hear are very different ways of how people learn and different ways of how people process information.

And whether someone is a quick study or whether someone appears to be slower, but it's not actually slower at all, it's just a different way of processing the data, much like we were talking about here with Natasha and bamboo. And that there's not a way.

We've trained yoga teachers. We've trained PTs. We've trained OTs. We've trained RMTS. We've trained Thai massage folks. We've trained all sorts of different people with all sorts of different histories of understanding of, or no understanding of anatomy or of movement. And yet, when we can really settle into what we call the principles of movement, you can see so much.

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And you begin to recognize just how limited we can be around, like if we use the hamstring example again. That if the hamstrings are tight, or they're short, however you want to describe them, they need to be stretched.

And the number of times that I've seen somebody shift up their shoulder girdle and then all of a sudden what they feel in their legs is totally different. So what did I just do there? Did I do a hamstring release by working with the shoulder girdle? What was that, right?

And so I understand the necessity for labeling. And also, it's just a whole different paradigm for being able to view and perceive and meet and be present with and engage with the person that's in front of us from a really whole brain perspective, not simply from a prefrontal cortex. Like on the left side just like bing, bing, bing, bing, cognitively processing through what's going on, when there are multi-layers that make up who we are. And that to be able to meet those multi-layers is really important.

And so some people can do that really, really well. And I remember, Natasha, for you, your ability to come more into ground was really also what supported you in both the nurturing of the so-called bamboo and really nurturing your skill.

Natasha: Absolutely. And to trust. I didn't know how to trust because my nervous system was so dysregulated. For me to trust what I was seeing, to trust what I was feeling, that one took a long time for me. But man, when you have it, yeah, my hands feel like divining rods. Everyone is like, how do you know to go there? I'm like because I'm not in it. I'm not doing it. I just allow it. I follow where I'm guided.

I don't know, I can't explain that. But it's so amazing when that happens and to trust it. And I've had beautiful other people say trust those hands, you trust those intuitions. So, yeah, it can't be cognitive only, but it's all the layers and all the lenses.

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And when one's kind of fogged up, try another access. But the principles, honestly, are your cardinal, like it's the true north, you always use those. I'm still using those. That's like 20 years later, I'm still using those. Not 20, sorry. 18 years, almost 20 years.

Susi: So to highlight those, there is a podcast episode and I'll put that into the show notes. But to highlight the principles of movement, just so that the listener has the idea here, we want to nurture relaxation first. And then we want to begin with the spine in mind. This doesn't mean to move with the spine first, but just to notice because the spine is the central hub.

And then moving from the largest joints first, because what I saw early, early on is that when I could clear up what's going on in the shoulders and through the hips, that we could really change up what was going on through the elbows, the wrists, the knees and the ankles. The kinetic chain could really come to life.

And then moving in an optimal range of motion. And what's important about this is that if you've been sitting all day, versus if you've been hiking, your optimum range is going to be a bit different, right? So it's not that it's the same all the time, it has an impact. So it's being able to tune in and experience and feel what's actually been felt.

And then this one has evolved over time, and that's around core stability. And where I talk about core stability now is when we actually move more purely, when we move with less compensation, we actually innately have greater core stability. We don't need to impose core stability on ourselves so much, but we can be so much more integrative when we're compensating less than not locking and loading.

And what I mean by that is we can be anticipatory in our bracing patterns. Like a classic one is someone is on hands and knees and they want to lift their knees up. So they're on hands and knees, so hands, knees and toes are touching the ground. And then they lift their knees up, but, oh, I better protect my back. So I better grip my abdomen and then lift my knees up.

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Okay, but then what's going to actually support you when your knees are up, and you've moved from six points to four points and now you're a bit out of balance? And that's something I speak a lot about in the Power of the Pits and how that can actually lead, from that perspective can lead so much tension up into the shoulder girdle and the neck.

So then we start utilizing other aspects and other tissues that don't need to be used. And then as you gain this ability to tune into this core in a very responsive way, then you start to develop this ability to have effortless effort, right? Or relaxed resilience. That there's a calmness and a steadiness that's just behind the effort that we're applying.

And that can be a game changer too. And it's settled, but you're still able to apply force. But there's just this easier-ness to it, more of a fluidness. And it's one of the things that I love watching slopestyle skiing or snowboarding in the pipe or figure skating or gymnastics at an Olympic elite level. Because you can see the ones who have the sort of undercurrent of fluidity and flow and it's beautiful just to watch them roll.

And then if you see them enough, you can see when they're off. Like I've been able to see Simone Biles when she's absolutely on and when she's not quite on. You can see a difference in the way that movement is.

And the same thing happens, and some people might not like this one, but it's even with rodeo here in Calgary. Being able to see like the man, which it's usually the man on the beast, or the women who are doing the barrel racing and just seeing how all that interacts, which is really cool.

And then, of course, it's moving in a range that doesn't increase your pain. And if you can find that space, we're now giving the nervous system a totally different stimulus.

And the analogy I like to use here is, if you've got a hot, spicy soup, and you put too much spice in it, you don't add more spice to the mix, you add something else. So if you're in pain and you continue to move in pain,

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you're going to still have pain. If you add more spice to the soup, you're going to have a spicy soup.

And then to think about moving more simply than complex. So start with the simple stuff first and get the simple stuff really solid. And then that enables you to just move into the complex much more easily.

So those are the principles of movement that Natasha is referring to. And those were really the start of what I was initially teaching, and things have evolved from there. But then so has Natasha, of how she's interweaved all the various trainings that she utilizes.

So, Natasha, you've talked about being an alchemist, which I completely appreciate. And you've said that you work primarily with people who have been labeled catastrophic. Like they have found their way to you, mostly by referral, is that how?

Natasha: Yeah, OTs. OTs, case managers, they are referring their automobile accident folks to me, which is great. But I love to see, because there's so much administration with my MVA folks, that I love to see the people that don't require all that paperwork as well.

And then I go to group homes and I work with people that benefit so much from touch and freer breath and to move the bowels. Because that's like one of the leading causes of death in a group home, is that toxicity from bowel movement obstruction. It's awful.

And then I see a lot of people who just want to do things better, or they're pre-surgery or post-surgery. They come in and they are just like, I just need a tune up or I just want to hang out with you and know what you're learning, because I'm always learning.

I'm always learning. So they'll just come in and want to know what I'm interested in, because they know it's a new lens and they want to see their

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body with a new lens. So I've got people that will just come in and just want to see where they can take their mobility and their function.

Susi: Very cool. You're based out of Orangeville, how far afield do people tend to travel to see you?

Natasha: It's interesting, I've even had people come from Ottawa, which is like four or five hours away. Seriously, I'm like, wow. But Toronto will come to see me. My partner is in the city, so we do play city most, country most quite a bit. So I do go into the city as well, into Toronto.

But I've got people from Cambridge. I've got people that have a taxi service that comes from Cambridge to come and see me, one of these folks that have been in an MVA.

So people do come from far and wide. I'm like an hour and 10 minutes from the City of Toronto.

Susi: How far are you from Oakville?

Natasha: Like 40, 45 minutes.

Susi: Okay, so you're actually relatively close.

Natasha: Yeah, it's doable.

Susi: Right. So if you're someone who is seeking to have hands-on work, whether you are someone who would be labeled catastrophic or you are someone who wants to move better, and you want this hands-on stuff and you want to experience the genius that is Natasha, then do reach out to her. And it sounds like it's one of those worth the trips too, right?

So whether it's coming from Toronto or Oakville or Cambridge or really that vicinity around. So, Natasha, how can people reach you? What's the best way?

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Natasha: Sure, they can send me an email to somaticbloom, S-O-M-A-T-I-C, bloom like a flower blooms, somaticbloom@gmail.com. Or somaticbloom.com is my website. And there are testimonies. There's information. There's all of my trainings that I've had. All the ones with Susi are listed there as well. Yeah, that's all there. And I look forward to meeting any of the future folks listening to this. That would be wonderful, especially if you're thinking about the certification. I would love to see you.

Susi: Brilliant. All right, thank you so much, Natasha.

Natasha: You're welcome. Thank you for the opportunity to connect again.

If this episode has resonated and you're looking to deepen this idea of getting your body back on board, of listening deeply to your symptoms, of listening to the whispers so you don't have to hear the screams, and you're looking for one to one support or professional training, then reach out to us at [health@functionalsynergy.com](mailto:health@functionalsynergy.com) where we can customize your learning path. That's [health@functionalsynergy.com](mailto:health@functionalsynergy.com). Looking forward to hearing from you.