



Participant E-Booklet

Dr. Graciela Rust

HolisticFlow®

Move - Feel - Transform

Participant E-booklet

For workshops, classes, and series with Dr. Graciela Aires Rust

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Fitness for the mind, body, emotions, and spirit

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How to Use This E-booklet

This booklet is designed to be practical. You can read it once, and then reuse the tools before and after each session.

A simple way to use it

- Before your first session: read sections 'What Is HolisticFlow?' and 'How to Prepare for a Session'.
- Right before each session: complete the 2-minute Intention + Check-in (see 'Quick Start Toolkit').
- After each session: complete the 5-minute Integration page and choose one micro-practice for the week.
- Between sessions: use the Micro-Practices (5, 10, or 20 minutes) and the Weekly Tracker.

Make it yours

- Highlight what resonates. Circle phrases that feel like medicine for you.
- Write in the margins. This is a living document, not a test.
- You do not need to do everything. Consistency matters more than perfection.

If you feel overwhelmed

HolisticFlow is trauma-informed and choice-based. If emotions feel intense, use the 'Pause + Ground' steps in the Quick Start Toolkit, or take a break.

Quick Start Toolkit

Use these pages like a one-page reference before, during, and after sessions.

Before: 5-minute checklist

<input type="checkbox"/> Clothing	Comfortable layers; you can move and rest easily.
<input type="checkbox"/> Hydration	Bring water. Sip as needed.
<input type="checkbox"/> Food	Light meal 1-2 hours before; avoid heavy meals right before.
<input type="checkbox"/> Arrive	A few minutes early if possible.
<input type="checkbox"/> Intention	One sentence: 'Today I want to ...'
<input type="checkbox"/> Body scan	Notice: where is tension today?

During: Pause + Ground (30-90 seconds)

- Feet: feel your feet on the floor; press down gently.
- Eyes: open your eyes and orient; name 5 things you can see.
- Breath: inhale 4 seconds, exhale 6 seconds; repeat 3 times.
- Choice: make the movement smaller, slower, or rest.

After: 10-minute aftercare menu

- Water + a nourishing snack.
- Warm shower or bath.
- Short walk (slow pace).
- Journal 5 lines: 'What I noticed / What I released / What I want to remember'.
- Early bedtime if you feel tender.

Worksheets

1) Intention + Check-in (2 minutes)

Date: _____ Session: _____

My intention (one sentence):

Right now I feel (choose 1-3 words): _____

In my body I notice (one place): _____

One kindness I offer myself today: _____

2) Emotional Inventory (short form)

What feels heavy or activated today (2-3 bullets):

- _____
- _____
- _____

Intensity (0-10): ____ Energy level (0-10): ____

What is supporting me right now (2-3 bullets):

- _____
- _____
- _____

3) Integration (5 minutes after session)

One moment I remember: _____

A sensation in my body now: _____

One insight (even small): _____

One next step (tiny, realistic): _____

Support I will use today: _____

4) Weekly Tracker (for a series)

Week/Date	Emotion focus	What helped	What I noticed	Micro-practice chosen

1. Welcome

Thank you for saying yes to HolisticFlow.

You may have arrived here because you feel stressed, overwhelmed, disconnected from your body, or simply curious about a different way of healing and caring for yourself. Whatever your reason, you are welcome.

HolisticFlow is not about dancing perfectly, fixing yourself, or performing for anyone. It is about giving your body, emotions, and mind a space to breathe. It is about remembering that you are more than your stress, your roles, and your daily to-do list.

This e-booklet is for you. It will help you understand what HolisticFlow is, why it works, how it is grounded in science, and how to get the most out of each session.

2. What Is HolisticFlow?

HolisticFlow (formerly Holistic Dance) is a mind-body-emotion method that combines conscious movement, breathwork, emotional processing, and spiritual awareness practices in a structured, safe, and creative format.

It is designed as an internal gym for your whole being.

- Your body moves, stretches, shakes, and rests.
- Your emotions are invited to show up and be felt instead of being suppressed.
- Your mind is guided to observe, name, and organize what is happening inside.
- Your spirit (whatever that means to you) is gently invited into the experience.

HolisticFlow is not a performance or choreography class. The focus is not on how you look from the outside, but on how it feels from the inside.

HolisticFlow can be offered as:

- A 90-minute class
- A 3-4 hour immersive workshop
- A 6-8 week series that builds skills progressively

No previous dance, yoga, or meditation experience is required. The method is accessible to different ages, body types, and levels of physical conditioning, with options offered throughout.

At its core, HolisticFlow is an experience of moving your story, your stress, and your hopes through your body in community.

3. About Your Guide - Dr. Graciela Aires Rust

HolisticFlow was created by Dr. Graciela Aires Rust, an Argentinian-born, U.S.-based clinician, educator, and artist who has devoted more than three decades to understanding how people heal and grow.

Her work integrates evidence-informed mental health approaches with movement, mindfulness, expressive arts, and trauma-sensitive principles.

A longer biography is provided in the Appendix.

4. The Science Behind HolisticFlow

HolisticFlow brings together elements that are each supported by research: movement and exercise, dance/movement therapy, mindfulness and breathwork, group processes, and body-oriented approaches.

The method itself is unique, but its building blocks are well studied. A curated list of references is included at the end for participants who want to explore further.

5. The HolisticFlow Journey: Phases (High-level)

- Phase 1: Arrival, grounding, and emotional inventory
- Phase 2: Emotional movement journey (stress, sadness, anger, fear, and more)
- Phase 3: Integration (peace, joy, freedom, empowerment)
- Phase 4: Reflection and closing

6. Benefits for You

- Feeling lighter or less emotionally overloaded
- A safe channel to express sadness, anger, fear, or frustration
- Greater clarity about what you are feeling and why
- Reduced stress and a calmer nervous system
- Improved body awareness, mobility, and release of tension over time
- A sense of belonging and shared humanity

7. How to Prepare for a Session

- Wear comfortable clothes you can move in (layers are helpful).

- Bring a water bottle.
- Eat a light meal 1-2 hours before (avoid heavy meals right before).
- Arrive a few minutes early if possible, so you do not feel rushed.
- Come with curiosity rather than expectations. Many people feel nervous at first.

8. During and After the Session

Throughout HolisticFlow, you are invited to modify movements to fit your range of motion and energy, sit or lie down when you need a break, or step outside briefly if you feel overwhelmed.

Emotional waves are normal. If anything feels too intense, use the Pause + Ground steps in the Quick Start Toolkit.

- Aftercare ideas: water, nourishing food, warm shower, journaling, slow walk, and rest.
- If strong emotions continue and you feel distressed, reach out to appropriate support (trusted person, therapist, crisis line, or medical provider).

9. Bringing HolisticFlow into Daily Life

- Pause for a few conscious breaths before reacting in a stressful situation.
- Notice a tight jaw or clenched fists and choose to soften.
- Put on one song and let your body move however it wants.
- Place a hand on your heart or belly when you feel overwhelmed.
- Write down what you are feeling instead of swallowing it.

10. The Global Vision

HolisticFlow was designed with scalability in mind. The goal is to grow a culture where mind-body-emotion practices become as normal and accessible as going to the gym.

- In-person and online programs
- Training pathways for future facilitators
- Partnerships with schools, universities, workplaces, and community organizations
- Programs for immigrants, caregivers, healthcare workers, and communities under stress

11. Important Notes and Boundaries

- HolisticFlow is an experiential, educational, and wellness method. It is not a replacement for psychotherapy, medical care, or emergency services.
- Participation is voluntary and based on your own judgment about what feels safe and appropriate for your body.
- If you have significant physical, medical, or psychiatric conditions, consult with your health providers and inform the facilitator so movements can be adapted.
- You are responsible for your own well-being during and after sessions.

FAQ

Do I need dance experience?

No. Movements are guided but adaptable. The focus is internal experience, not performance.

What if I cry or feel strong emotions?

This can be normal. Use Pause + Ground, make movements smaller, or rest. You can step out briefly.

Can I participate if I have an injury or limited mobility?

Often yes, with modifications. You can use a chair, reduce range of motion, or rest. When in doubt, consult your provider.

Is this psychotherapy?

No. HolisticFlow is educational and wellness-oriented. It can complement therapy but does not replace it.

What should I bring?

Water, comfortable layers, and an open, kind attitude toward yourself.

Glossary (simple)

Nervous system regulation: Skills that help your body shift out of stress activation and back toward safety and balance.

Somatic: Related to the body and bodily sensations.

SUD (0-10): A simple rating of how intense something feels right now, from 0 (none) to 10 (extreme).

Trauma-informed: An approach that prioritizes safety, choice, and pacing, recognizing that stress and trauma can affect the body.

Grounding: Methods that help you feel present and connected to the here-and-now (feet, breath, senses).

References (Curated)

Selected research and resources that inform the HolisticFlow approach:

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Note: References are provided for educational purposes and are not required reading.

Appendix: About Dr. Graciela (Extended Bio)

Dr. Graciela Aires Rust is a holistic psychotherapist, counselor, and creator of HolisticFlow®. Born and raised in Argentina and later making her home in the United States, she has spent her life navigating cultures, languages, and identities.

She is a Licensed Clinical Mental Health Counselor (LCMHC) with a PhD in Holistic Counseling and a Master of Science in Rehabilitation Counseling (University of North Carolina at Chapel Hill). She is also a Certified Rehabilitation Counselor (CRC), Integrative Wellness and Life Coach (IWLC), and Registered Yoga Teacher (RYT-200).

Over the years, she has facilitated groups, workshops, and experiential classes in a variety of settings in both English and Spanish. Participants often describe her presence as clear in boundaries and warm in spirit.

Use of Booklet

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