

Somatic Healing

'Somatic' is a word that means intentional connection to the body. The field represents movement and bodywork that focuses on physical sensations, and body experiences. Through awareness we can utilize and reconnect with our bodies to feel safe, energized and joyful.

We cannot sense without acting and we cannot act without sensing.

Thomas Hanna

As part of our daily lives, we can become disconnected from our bodies and somas. The goal is to embody who we are and heal the split caused by traumatic events. Somatic power goes beyond cognitive self-understanding, using body-based intuition, to transform us and align us with our values and purposes.

Somatics is a and ongoing process where our sensations, movements, perceptions and emotions form our experience. When we tune into our body we observe curiously and without judgment, exploring and sensing our authentic selves.

Somatic practices integrate touch and movement with the purpose of rebalancing the neuromuscular system and achieving emotional regulation.

The language of the body is wide, varied, nuanced and rich! The better you get at listening to your body, the more resilient you will become.

Sense it

Sense more, think less. In order to sense more, you must SLOW DOWN and practice attuning your attention into the body to listen with care and curiosity.

Describe it

Describe your sensations and the emotions they evoke. Explore what the body is doing with the emotion. Identify how your body and your energy feel when you are in motion.

Move it

Move your body! Try doing something you enjoy: dancing, yoga, running, swimming. Observe how your movement affects your body sensations and your emotions.

Somatic Practice

Shaking Resolution Exercise

Shaking helps to discharge “fight, flight and freeze” impulses in the body to bring completion to the stress cycle. You can try this after a particularly stressful day.

1. Find a place where you can move around freely and uninterrupted.
2. Choose music to accompany your exercise if it appeals to you.
3. Start by shaking your feet and move to your legs. Focus on your movement.
4. Continue by shaking your hands and arms. Observe how this movement makes you feel.
5. Now shake your entire body. You can try dancing too! The idea is to move your entire body to shake the stress away.

1. How does your body feel overall when you are in motion?

2. What physical sensation can you name and describe while shaking?

3. What emotions arise from this exercise?

4. How are your energy levels during and after this exercise? High? Low? Neutral?

5. Do you feel that shaking your body has a direct impact on how you feel? If so, try and explain this impact.
