

Somatic Exercises & Wellness Workshops

Our bodies hold the experiences of our lives — stress, tension, overwhelm, emotions, and patterns of protection. Somatic exercises are gentle, body-based practices that help increase awareness, calm the nervous system, and reconnect us with ourselves physically, mentally, and emotionally.

Unlike traditional exercise that focuses primarily on performance or external results, somatic work invites us to slow down, listen inward, and build a deeper connection with the body. Through movement, breath, grounding, and nervous system awareness, we begin to notice how stress is held within us and learn supportive ways to release tension and restore balance.

These practices are designed to help:

- Reduce stress and muscle tension
- Improve body awareness and mindfulness
- Support nervous system regulation
- Increase resilience and emotional balance
- Encourage rest, grounding, and presence
- Build healthier patterns and coping tools



Wellness Workshops

Wellness Workshops combine gentle education with experiential somatic practices in a supportive group setting. Each workshop explores a specific wellness topic — such as stress, anxiety, sleep, boundaries, overwhelm, self-care, emotional wellness, or nervous system regulation — followed by guided somatic exercises designed to help the body integrate the experience.

Classes may include:

- Nervous system education
- Breathwork and grounding practices
- Gentle somatic movement
- Guided reflection or mindfulness
- Relaxation and regulation tools
- Body awareness practices
- Stress management strategies

These workshops are not about “doing it perfectly.” They are about learning to better understand your body, recognize stress patterns, and develop practical tools that support greater balance and wellbeing in everyday life.