

Somatic Therapy is any therapy that that deals with working in the body to release pent up tension, pent up trauma, pent up emotions and feelings. It works to calm the nervous system and bring it back to a place of calm.

Somatic movement or exercises are tools to build awareness. Rooted in the connection of mind and body, it offers us a way to self-discovery and wellbeing. At the core of somatic exercises is the belief we aren't to just be living in our bodies but to understand and honor them. Unlike conventional exercises where the goal is an external outcome, somatic work invites us to journey inward and to listen to our muscles, bones and breath.

Somatic exercises create embodiment. This is the art of fully inhabiting our physical form. We can cultivate a deep sense of presence. And when we are in the present moment, we are not thinking ahead or thinking in the past. Each stretch or breath allows us to be here and now, releasing burdens of the past and the worries of the future.

We can unravel old patterns of tension and resistance in our bodies. We become more attuned to our inner self and can find ways to encompass even the uncomfortable thoughts and feelings we may experience.

These exercises are done with the intention to release our stress, our tension and our trauma. Our bodies remember all the events of our lives. However, it does not remember images and words like our mind does. But it remembers physical sensations, emotions and muscular tension. Taking time to slowly and safely release these “memories” through movement, breath, etc., it allows us to lighten the load we may have been carrying for years.

Working to balance our nervous system, we can achieve many things. We can:

- Heighten our sensory perception
- Release stress and muscle tension
- Improve our balance
- Stabilize our mood and thought processes
- Increase mindfulness and positive outlook



For somatic work:
Nervous System Reboot
Health and Wellness Coaching
Wellness Plan