



# Somatic Movement Therapy

Move your body, heal your heart, change your life.

# Nothing changes without movement.

Sometimes our talk therapy needs a partner. When we work with long term patterns, trauma and emotional burdens, a holistic approach to re-wire our inner world can help.

The body (rather than the mind) needs certain types of movement to release old emotional and behavioural patterns and create new ones. If we don't bring the body into the process, we sometimes feel stuck in certain areas.

Some things may never move. The same relationship patterns, addiction patterns, self-esteem patterns and behavioural traits would return even when significant progress was made. It's as though some parts of us grow and others remain stuck or frozen in their perspectives and fears.

The reason we get stuck is because parts of us are stuck inside. Stuck in earlier versions of ourselves, stuck in emotional debris from childhood, stuck in

relationship histories that are deeply lodged, and stuck in patterns of thinking and responding.

Sometimes we can't find these patterns with our thoughts, and sometimes our thoughts can't clear them.

This is because our body stores the imprints and patterns of our experiences in ways our mind can't see. To completely change personal and relationship patterns, you have to liberate the old ones from your body, not just your head - and the way the body does everything new is through movement.

Our nervous system requires movement to change, so if we want to shape new ways of thinking, feeling and relating, we have to help it move.

We re-write life from  
the inside out.



When we access, release and re-wire our bodies through somatic movement practices we change on every level. We break inertia, overwhelm, overworking, people pleasing and self criticism.

We feel vital, alive, and emotionally free. We begin communicating in new ways, finding solutions to long term experiences, amending our careers in positive ways and change the way we experience anxiety, depression, self-criticism, self-punishment and long-term trauma.

This is how we enter a new  
realm of relationship with  
ourselves and others.

# Somatic movement helps us access the now, release the past and create the new.

## For Individuals

Individuals can experience somatic movement to enhance the benefits of traditional therapy. It helps to regulate the nervous system by unwinding bodily tension and allows for stored emotion to be processed and released. We can release old trauma patterns through movement to awaken sensuality and vitality allowing us to access our inherent aliveness and capacity to feel more joy, love, connection and intimacy.

## For Couples

Somatic movement helps reshape personal patterns in each other that cause repetitive problems in the relationship. It allows for the release of past trauma and stressors and creates deeper bodily awareness and vitality so that intimacy is deepened. Alongside the therapy process, somatic movement gives couples a way to move from busy life into a slower connection needed for intimacy.

Reduce stress, liberate trauma, increase connection.

# What does it look like?

Each movement practice is a journey.

There are foundational practices to locate and release emotions, exploratory practices related to vitality and pleasure, and practices that work for specific themes.

You may be lying down, moving on the floor slowly at times, or moving about your private space however your body wishes to move. A music landscape is provided with prompts for movement. There is nothing to get right, no steps to do, nothing to learn. Your body will simply follow the prompts and begin its process of unwinding, releasing and entering flow.

The ultimate result is a renewed way of being. Being with ourselves, being with others, and increased connection to joy, vitality, aliveness and love.

