



What Is Somatic Coaching?

Somatic coaching creates a much higher self-awareness than traditional psychotherapy and personal development coaching. This is because rather than focusing solely on thoughts and emotions, somatic coaching incorporates your entire body.

The word somatic comes from the Greek root word “soma”, which means “the living body in its wholeness.” The body, mind, emotions and spirit influence each other constantly, even when we’re not aware of it.

A Somatic Coach will give you the tools you need to...

- Connect with your innermost self. Discover deeper mind/body awareness by learning how to employ mindfulness during routine tasks, monitor your breathing patterns and gain the ability to scan your entire body without judgment.
- Relieve physical pain, stress, and tension. Discover the Feldenkrais Method® with a daily practice of body awareness through movement.
- Unlock your potential and enhance your performance. I’ll show you powerful visualization and reframing exercises as well as anchoring techniques that help you present your response to specific situations.
- Live with intention and renewed purpose. Together we’ll identify your unique centering practice – a way to connect with that space within you that is always calm and at peace.
- Become a leader by igniting your personal power. Fine-tune your leadership skills through the use of role-play and by learning powerful communication techniques including NLP and persuasive body language.

Your Body Tells Your Story ...

Throughout our lives, our bodies adapt to our environment. We adjust to fit in, to belong and to survive. Different parts of our bodies—often our backs, necks, and stomachs—may hold unresolved emotions from our past. This may be experienced as tightness, pain or even a disconnection with our bodies and our spirit.

Rather than numbing yourself to uncomfortable circumstances and powering through them, you can mindfully choose to respond in a way that leaves you feeling whole and at peace. As a Somatic Coach, I help you access a deeper understanding of self, as you develop greater intuition, vitality, and personal power. Ultimately, a new way of being in and relating to the world is revealed.