

Somatic Experiencing Exercises

SOMATIC EXPERIENCING EXERCISES

Somatic exercises are body-based practices designed to help individuals become more aware of their physical sensations, movements, and posture. These exercises often focus on reconnecting the mind and body, promoting relaxation, reducing tension, and releasing stored emotions. Somatic exercises are grounded in the idea that the body holds memory and experiences, and by cultivating awareness, we can release chronic stress, trauma, and discomfort.

BODY SCANNING

Body scanning is a mindfulness technique used to promote relaxation, self-awareness, and stress reduction. It involves mentally scanning your body, part by part, to notice physical sensations and release tension. The practice is often used in meditation and mindfulness exercises to help individuals become more attuned to their bodies and experience the present moment more fully.

CONSCIOUS BREATHING

To help you become more aware of your breath and body sensations, creating a sense of calm and connection with the present moment. This exercise can support the regulation of your autonomic nervous system, which helps process any emotional or physical stress.

RELEASING WEIGHT THROUGH IDEOKINESIS

Ideokinesis is a technique that involves using mental imagery to influence and change physical patterns. In the context of releasing weight—both physical and emotional—we can use imagery to shift the way we sense and carry ourselves, helping to release tension, stress, and heaviness. The following exercise is designed to help you use imagery to activate a shift in your body's posture, energy, and emotions, creating a sense of lightness and freedom.

Additional notes - Specify below: