



# SOMIATICS

AN INTRODUCTION

# SOMATICS

WHAT IS IT?

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Somatics invites us to tap into the awareness of our body, feeling into the impact of our lived experiences that are stored within our nervous system and tissues. The approach to tending to our story moves from the body consciousness where the story lives, rather than trying to think or understand our way to healing or creative resolution.



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# FOCALIZING SOMATICS



Focalizing is a healing technology that enables participants to reinvent their lives by resolving the barriers that prevent them from living their fullest potential of well-being & joy.

Focalizing is founded on the understanding that meaningful healing rarely comes from re-living the story or brainstorming solutions to complex emotional issues, rather than from accessing a part of our mind & body that our current culture has lost touch with. This allows us to access creative solution to grow from the intuitive & innate intelligence within.





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The practice itself is an invitation to slow down and meet what arises in curiosity as we explore your intent.

The challenge is slowing down the mind to simply observe, which is why a trained practitioner can be helpful in creating a safe & clear container to practice. This practice is easily accessible to all.

# HOW DOES IT WORK?







These sessions are guided by a certified practitioner who provides a safe and supportive invitation for those who are curious to explore the wisdom within their own body.

The practitioner makes gentle prompts & invitations, though the journey is truly led by the senses of the focalizer. It is divine, what wisdom arises as we listen in.

The benefits not only come through the insights during or post session, but also in how our nervous system responds to living as sensitive souls.



This practice provides support in staying anchored in our bodies as we move through the ebb and flow of life, in turn allowing us to be full power as we consciously weave our life's story through our tapestry.

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BE FREE

# SO LET'S CONNECT

Come explore the wonders of somatics with an online 1:1 session or in person Healing Hands sessions. Still unsure? Book a complimentary connection call.

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