

SOMATIC BODYWORK

Somatics as a term, refers to the first person experience of self; how the world feels from within your body. It's an old Greek term brought back into the English lexicon by Thomas Hanna Ph.D. because there wasn't an adequate word at the time to describe this concept. It is not about the mind, body and soul but rather the idea that we are just one completely integrated entity; a Soma. In that way, anything happening to you is simultaneous and equally physical, spiritual and psychological. Also in that way, anything happening in your environment is happening to you and as you shift, the environment shifts.

After resurrecting this term, Dr. Hanna went on to develop a study of Somatics largely based upon existential philosophy and the works of Moshe Feldenkrais and F.M. Alexander. He developed a clinical practice of Somatic Education, a way for an educator to help someone make dramatic shifts in the way they are living to overcome pain, imbalance, injury, trauma and any type of chronic, functional problem.

The philosophy of this work, the idea Dr. Hanna had of how Human Somas can grow and adapt and achieve potentials beyond their imagination is backed by a thorough study of Neurophysiology and Kinesiology. Cumulatively, we have an elaborate yet simple system for self-discovery and change with which anyone can benefit.

For sufferers of chronic pain, musculo-skeletal problems and functional disorders, Hanna Somatics is something of a miracle cure. The reason for this is that if the problem you're having is functional, related to how you stand and use your body, then results are quick and lasting. Rather than trying to fix you from the outside, what I will do is help you learn to actively release areas of tension, compression and pain.

The process is holistic in the sense that my goal is the restoration of balance throughout your soma and educational in the sense that I am teaching you how to heal yourself. Once you understand this process and how to achieve it on your own, my job is done and not only will you stay out of pain but you can continue to improve for years to come.

Hanna Somatics is also valuable for working with trauma, anxiety, depression and other chronic or stuck emotional states. The movements and techniques offer a safe, efficient way to access the unconscious, unlock/shift the patterns that keep people from overcoming trauma and emotional challenges, and provide you with tools for constructing new patterns that better support your life, growth, development and connection with the world around you.

The logo for 'SOMATIC BODYWORK' is centered within a horizontal grey bar with rounded ends. The background of the bar features a subtle, intricate pattern of thin, intersecting lines that create a sense of depth and movement. The word 'SOMATIC' is written in a bold, red, serif font, while 'BODYWORK' is in a white, serif font.

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As a warning; somatic shifts can be very dramatic and sudden. On the path towards balance, personal growth, joy and ease often comes a challenging reprocessing of long repressed emotions, experiences and memories. This experience is a normal, and necessary part of the healing process. Therefore, it is recommended that people seeking help for Trauma, Anxiety, Depression, etc. have the co-support of a professional therapist/analyst. Referrals can be made upon request.