



Somatics and the Bodymind:

The word Somatic or Soma means "The living body in its wholeness". Somatic bodywork is recognition of a person's physical, mental, emotional and physiological history that is stored and manifested within the body to which a client may not be aware of.

Somatic bodywork invites the body to open and release pain, muscular contraction, tension and patterning of stress and invites more availability of energy, life force and aliveness in order for the body to function more effectively.

This is an experimental, hands-on practical workshop that allows the opportunity for more presence to the life force within your clients, an increase in awareness of a clients bodily wisdom by blending techniques of bodywork, touch, breath and conversation. Your clients are an active participant in a treatment, inviting them to observe what is felt in their body and explore what that means to them personally. As a practitioner, this invites you to become more present to the life force within the client and within your treatments.

Facilitator: Karen Jenkins/Holistic Remedial Massage Practitioner (visit <https://www.massageschool.com.au/our-teachers>)

Call 02 4393 1200/ complete enrolment form and return

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