

# MY VINYASA PRACTICE

*Somatic Healing*

## *Somatic Healing Practice: Increasing Awareness & Identifying Trauma in the Body*

### Introduction

Somatic healing is a powerful way to connect with your body, increase self-awareness, and release stored trauma. This practice will guide you through gentle exercises to recognize where tension, stress, or unresolved emotions may reside in your body.

### Preparation

- Find a quiet, comfortable space where you won't be disturbed.
- Wear loose, comfortable clothing.
- Have a journal nearby to record insights.
- Set an intention to listen to your body with curiosity and compassion.

### Step 1: Grounding & Breath Awareness

- Sit or lie down comfortably. Close your eyes or soften your gaze.
- Take three deep breaths, inhaling through your nose and exhaling through your mouth.
- Focus on your breath, feeling its movement in your belly, chest, and ribs.
- Notice any areas of restriction or ease as you breathe.

### Step 2: Body Scan for Awareness

- Slowly bring your awareness to your feet. Notice any sensations—warmth, tingling, tightness.
- Move your attention up through your legs, hips, torso, arms, and head.
- Observe where you feel tension, discomfort, or numbness. Avoid judgment; simply notice.
- Spend extra time on areas that feel heavy or constricted.

## Step 3: Identifying Held Trauma

- Ask yourself: Where in my body do I feel a sense of stuck energy or discomfort?
- If emotions arise, allow them to surface without pushing them away.
- Gently place a hand on areas that feel tense and breathe into them.
- Notice if certain thoughts or memories come up with these sensations.

## Step 4: Movement & Release

- Begin with small, gentle movements—rolling shoulders, stretching arms, or swaying side to side.
- Allow your body to move intuitively, shaking or stretching where needed.
- If an area feels stuck, visualize tension melting away with each breath.
- Make any sound that feels natural—sighing, humming, or gentle vocalization.

## Step 5: Journaling & Reflection

- After completing the practice, take a few minutes to journal.
- Reflect on what sensations you noticed and any emotions that surfaced.
- Consider: What messages might my body be trying to communicate?
- Write a few affirmations or supportive statements to yourself.

## Reflection

- End with three deep breaths, thanking your body for its wisdom.
- If emotions feel strong, take time to ground yourself with a warm drink or a short walk.
- Repeat this practice regularly to deepen your connection with your body.

## Mind Body Connection

Your body holds stories and wisdom. Through somatic healing, you can gently uncover and process stored trauma, fostering greater self-awareness and healing. Be patient and compassionate with yourself as you engage in this practice.

For further guidance, consider working with a somatic therapist or exploring somatic healing certifications.



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UPLIFTING COLLECTIVE CONSCIOUSNESS