

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.



MY VINYASA PRACTICE

UPLIFTING COLLECTIVE CONSCIOUSNESS