

Printable Somatic Healing Cards



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Trauma will keep your body constricted so while opening the body is beneficial it must be done thoughtfully and compassionately.

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Rest and stillness, while productive and necessary, won't come easy and that's okay.

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While there are many "experts" on trauma and the body, you are the authority on you and that means your body too. Learning to move for your needs at your own pace is the greatest gift you can give yourself to heal your trauma.

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