HIR Wellness Institute

Printable Somatic Healing Cards



Only you know what it's like to be in your body.

@the.therapist.who.moves.you

Not all movement is created equal.

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When you move more you feel more and that won't always feel comfortable.

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

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