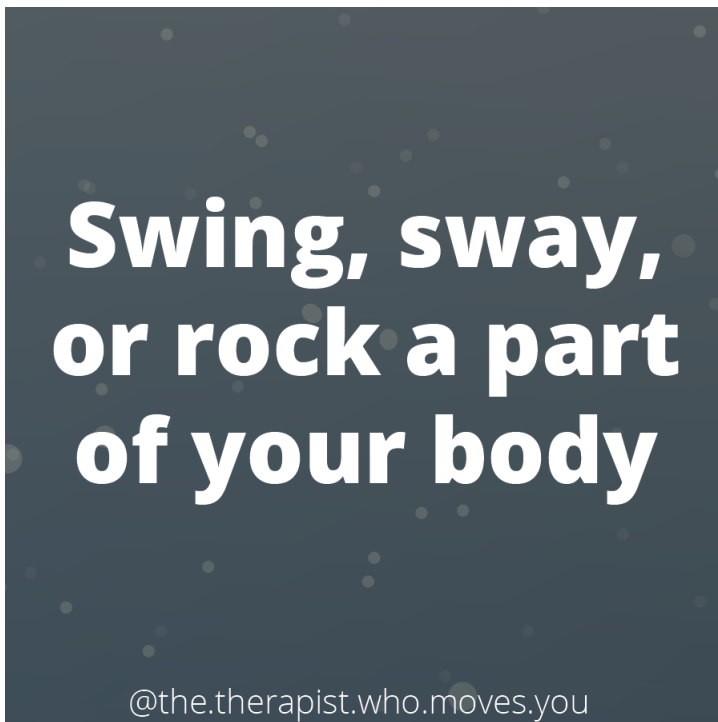
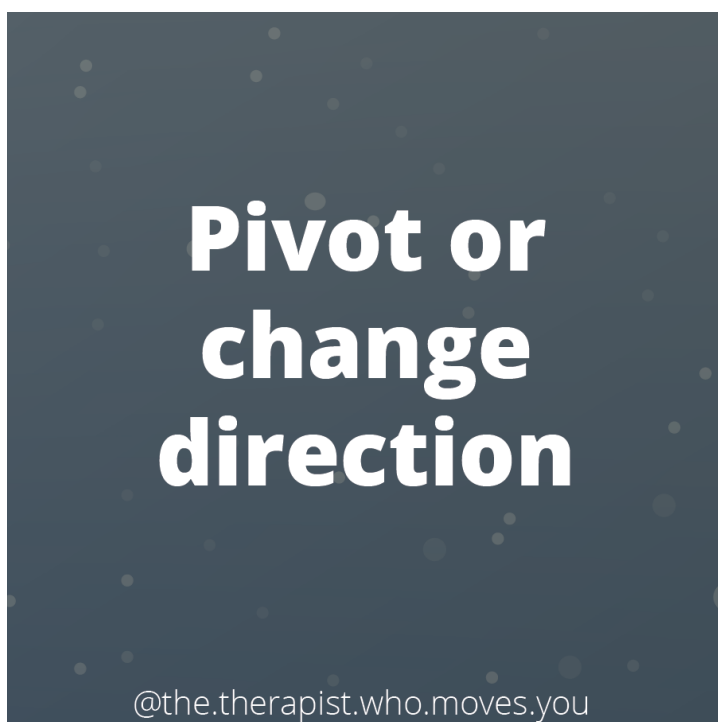
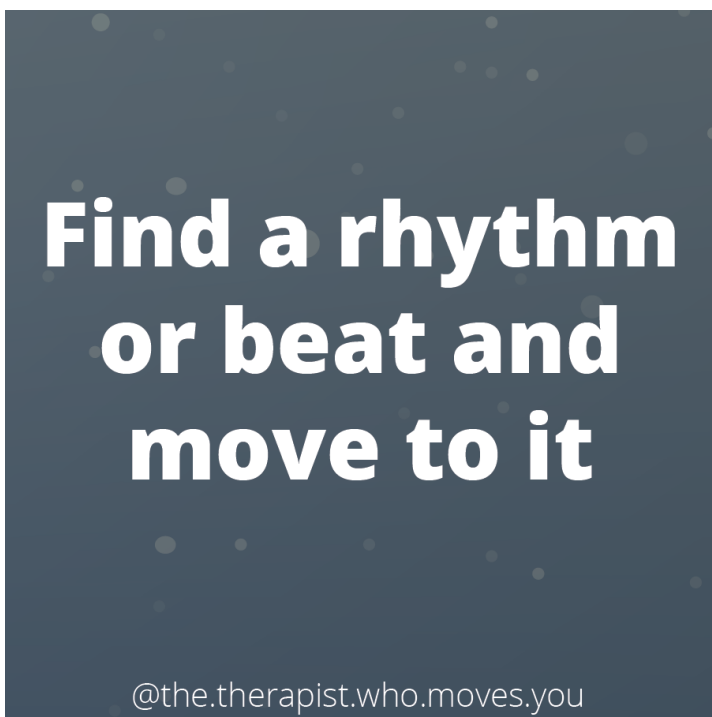


Printable Somatic Healing Cards



**Shift your
posture**

@the.therapist.who.moves.you

**Bring attention
to your breath.
Allow it to guide
your next move**

@the.therapist.who.moves.you

Bodies at rest stay at rest
so the goal is to create
momentum which
psychologically and
physiologically leads to
motivation. Movement
in simple small ways is
the easiest way to create
momentum.

@the.therapist.who.moves.you