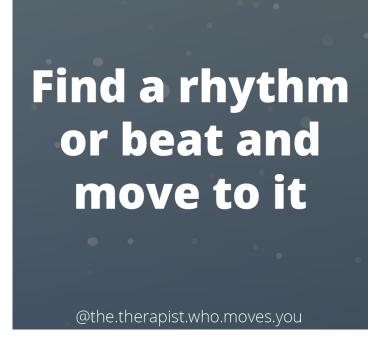
Printable Somatic Healing Cards





Pivot or change direction

@the.therapist.who.moves.you

Swing, sway, or rock a part of your body

@the.therapist.who.moves.you













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











