

Somatics: The Practice of Self-Inquiry

History:

Somatics Defined:

Terms often used in somatics:

- Embodiment
- Interoception
- Proprioception
- Grounded / Grounding/Earthing
- Pandiculation vs Stretching

Why Somatics?

Somatics & Yoga

- Body awareness
- Exploration
- Kinesthetic awareness
- Sensory Motor Amnesia
- Self-Inquiry

Somatic Yoga Benefits

- Neuroplasticity
- Release & Healing
- Increased Resilience
- Increases Vagal Tone
- Postural & Body Awareness
- Pain Relief
- Hypermobility
- Enhanced Flexibility & Mobility
- Increased Relaxation
- Increasing mindfulness (being present)
- Better Sleep
- Increases the flow of energy.
- Stress Reduction
- Soothe and restore an overtaxed nervous system
- Empowerment
- Joyful Movement

What is Somatic Yoga? Somatic Yoga vs Traditional Yoga class

- Traditional:

- Somatic:

Developing a Somatic Yoga practice for clients/classes

- Elements
- Cueing
- Pranayama
- Asana

LISTEN TO THE BODY

“Our bodies constantly send us signals about the state of internal balance.” (Olga Kabel)

NOTES

Interested in learning more about somatics? Holy Yoga offers CEC on-demand training with HYTV+ . We have a somatics training coming March 2025!

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