

What is Somatic Energy Work?



INTEGRAL BECOMING

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**Did you ever wonder why
you don't seem to be living in
alignment with your deepest
heart's desire?**

**Or why, even when things
seem to be going ok,
deep down you know
that there's much,
much more to your life
than this?**

**Your body
remembers
your life.**



**Especially
the parts
you'd most like
to forget.**

It's not easy being human.



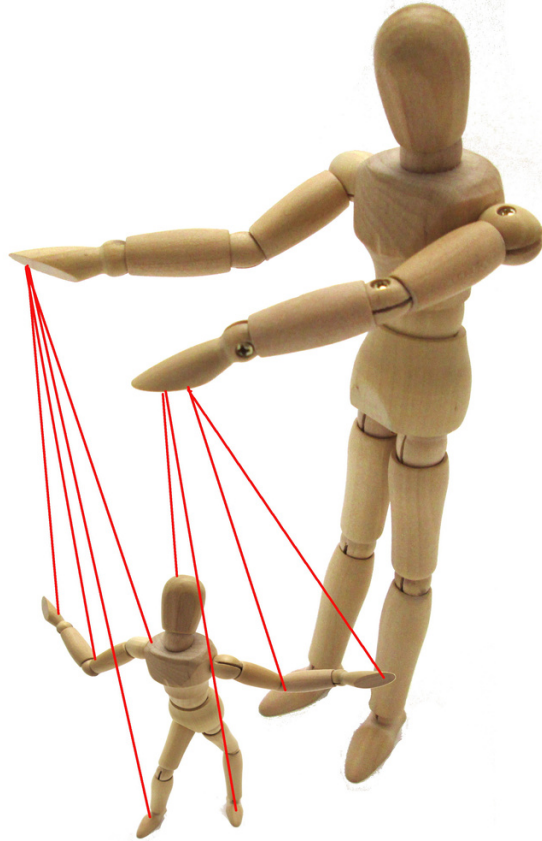
All of us have experienced countless moments when life was simply "too much". This started very early, sometimes even in the womb, and continues to this day.

We automatically take that "too much" energy and store it in our bodies for processing at a later time, when we're ready to take on the "too much."

**What we
understand about
ourselves is
only the
tip of the iceberg.**



**Our bodies
hold the energy
that's beneath
the surface.**



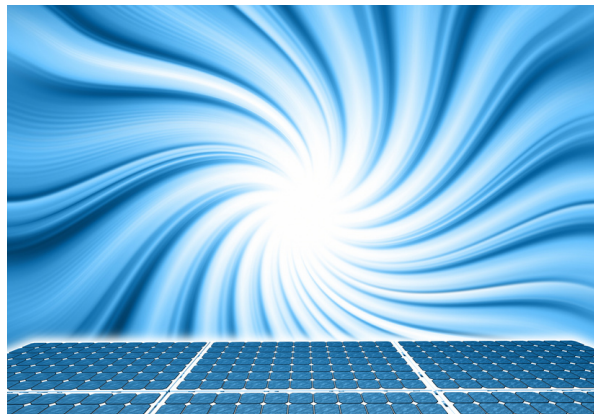
**This stored
energy
sometimes
runs our lives.**

**When we move the
trapped energy, we free
ourselves from the
puppet-master of our
traumas, large and
small.**



**Free to be fully alive,
awake, and aware.**

Somatic Energy work has emerged from ancient wisdom traditions and modern discoveries in psychology.



The upshot of these thousands of years of study and practice is that we now know that, when we energize and release our trapped energy, we can be free.



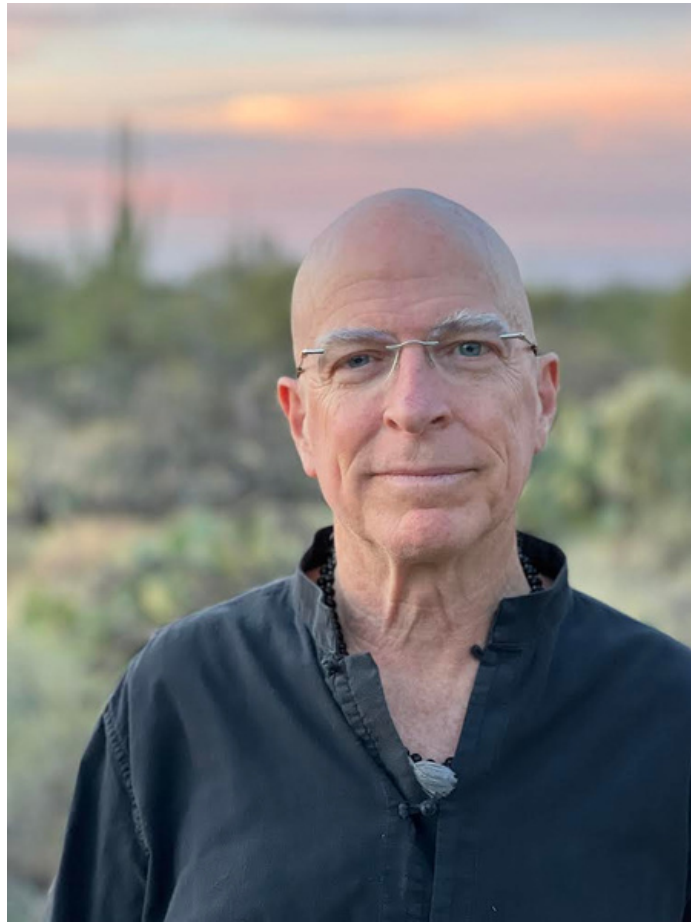
A somatic energy session is a collaborative interaction between the client and practitioner that involves deep listening, movement, and mindfulness practices.

An integral approach to somatic energy health practice engages the entire person as a whole: body, mind, and spirit.





Dr. Goddard has decades of experience working with individuals and groups people of all ages and backgrounds, blending diverse healing and learning modalities, all in the service of supporting lives led in accord with his clients' deepest hearts' desires.



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**Call to schedule a free conversation with
Dr. Goddard to find out more about
Somatic Energy Healing and Learning.**



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