

SOMATIC YOGA WORKBOOK



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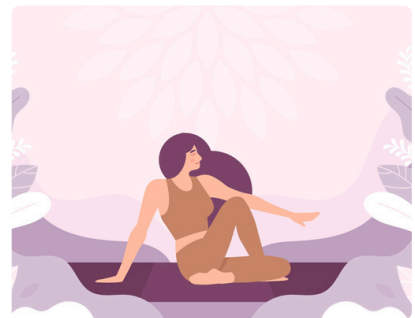
Somatic Yoga

Somatic Yoga focuses on the internal experience of movement and body awareness. Unlike traditional yoga, which emphasizes external postures, somatic yoga invites practitioners to explore their bodily sensations and emotions through mindful, gentle movements, integrating breath with awareness for deeper self-discovery and healing.

Benefits of Somatic Yoga

Weight Loss:

- **Enhanced Body Awareness:** Helps recognize physical states and make healthier choices.
- **Stress Reduction:** Lowers stress levels, which can reduce emotional eating and improve metabolism.
- **Mind-Body Connection:** Promotes intentional physical activity and overall fitness.



Trauma Recovery:

- **Safe Sensation Exploration:** Provides a gentle way to process and release stored trauma.
- **Emotional Regulation:** Supports managing and integrating trauma-related emotions.
- **Body Safety:** Helps reestablish a positive relationship with one's body.

Stress Relief:

- **Relaxation Response:** Activates the parasympathetic nervous system to reduce stress.
- **Mindfulness:** Encourages present-moment focus and mental clarity.
- **Lower Stress Hormones:** Regular practice can reduce cortisol levels.

Nervous System Regulation:

- **Balancing the Nervous System:** Helps stabilize the sympathetic and parasympathetic systems.
- **Neuroplasticity:** Supports better responses to stress and trauma.
- **Improved Somatic Awareness:** Enhances self-regulation and recognition of nervous system needs.

The Science Behind Stress and Trauma

Trauma:

- Definition: Emotional and psychological response to overwhelming events.
- Effects: Can cause chronic pain, muscle tension, and emotional issues like anxiety and depression.

Stress:

- Definition: The body's response to demands or threats.
- Effects: Leads to physical issues (e.g., heart problems, sleep disruption) and mental strain (e.g., anxiety, impaired memory).

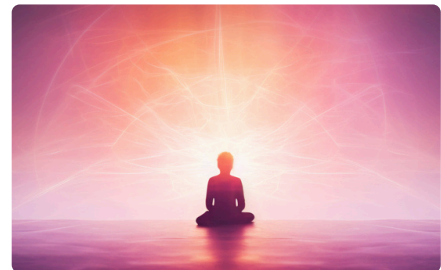
The Nervous System

Autonomic Nervous System (ANS):

- Sympathetic Nervous System (SNS): Triggers "fight or flight" response, increasing heart rate and alertness during stress.
- Parasympathetic Nervous System (PNS): Activates "rest and digest" response, helping the body to relax and recover.

Role in Stress and Trauma:

- Stress Response: Prolonged activation of the SNS can lead to health issues like chronic anxiety.
- Trauma Impact: Trauma can disrupt the ANS balance, causing hyperarousal or emotional numbness.



Reflection Prompts

What are your main sources of stress, and how do they affect you physically and emotionally?

Reflect on any past trauma and its impact on your current stress and mental health.

How do you experience stress in your body?

How does stress affect your emotions and reactions?

How do you notice shifts between stress and relaxation, and what helps you manage them?

Setting Intentions

Setting clear intentions is crucial in guiding your practice of somatic yoga. Intentions help:

- **Focus Your Efforts:** Direct your energy and attention toward specific goals.
- **Enhance Motivation:** Keep you motivated by clarifying why you're engaging in the practice.
- **Measure Progress:** Provide a benchmark to track your growth and achievements



By defining your intentions, you create a meaningful connection with your practice, which can lead to more effective and personalized outcomes in your journey toward healing and well-being.

Personal Goals and Intentions:

Use the space below to articulate your goals and intentions for this workbook. Consider the following prompts to guide your writing:

What specific outcomes are you hoping to achieve through somatic yoga?

How do you want to address stress, trauma, or other personal challenges?

What aspects of your physical or emotional health do you wish to improve?

Your Intentions:

Your Goals:

By setting these intentions, you align your practice with your personal needs and aspirations, enhancing the effectiveness of your somatic yoga journey.

Breath Awareness

The Role of Breath

In somatic yoga, breath awareness:

- Connects Mind and Body: Anchors you in the present.
- Reduces Stress: Activates the relaxation response.
- Supports Movement: Coordinates breath with physical activity.

Breathing Technique: Diaphragmatic Breathing

Benefits:

- Reduces Stress: Lowers cortisol levels.
- Improves Oxygenation: Enhances airflow to body and brain.
- Calms the Mind: Helps manage anxiety.

How to Practice:

- Get Comfortable: Sit or lie down.
- Place Hands: One on chest, one on abdomen.
- Inhale Through Nose: Feel abdomen rise.
- Exhale Through Mouth: Feel abdomen fall.
- Repeat: Continue for a few minutes.

Guided Breath Awareness:

- Get Comfortable: Settle in a relaxed position.
- Practice Diaphragmatic Breathing: Follow the steps above.
- Observe: Note sensations and changes.

Reflection:

Somatic Movement Basics

Introduction:

- Somatic Movements: Focus on internal sensations and gentle, mindful motions.
- Differences: Emphasize awareness and feeling over precise poses.

Try These Simple Movements:

1. Neck Rolls: Gently roll your head side to side.
2. Shoulder Circles: Move shoulders up and back.
3. Hip Shakes: Gently sway hips side to side.

Body Scan and Awareness

What is a Body Scan?

A mindfulness technique that involves mentally scanning your body from head to toe, focusing on physical sensations.

Benefits: Increases body awareness, reduces stress, and promotes relaxation.

Guided Body Scan Exercise:

1. Get Comfortable: Sit or lie down in a relaxed position.
2. Close Your Eyes: Take a few deep breaths to center yourself.
3. Begin at Your Toes: Slowly move your attention up through each part of your body.
4. Notice Sensations: Pay attention to any areas of tension or comfort.
5. Finish at Your Head: Complete the scan by focusing on the top of your head.



Trauma-Informed Yoga Practice

Trauma Awareness:

- **Impact on Practice:** Trauma can lead to heightened sensitivity to physical touch, movement, and emotional triggers, making some yoga poses challenging or overwhelming.

Adaptations and Modifications:

- **Go Slow:** Start with gentle movements and avoid intense poses.
- **Offer Choices:** Allow users to opt out of poses or modify them as needed.
- **Create Safety:** Use language that emphasizes choice and control.
- **Focus on Breath:** Encourage deep, calming breaths to support relaxation.

Plan Your Trauma-Informed Practice:

1. **Identify Needs:** Reflect on any specific triggers or sensitivities.
2. **Select Gentle Poses:** Choose movements that feel safe and comfortable.
3. **Incorporate Modifications:** Plan for modifications and alternative options.
4. **Set Intentions:** Define how you want your practice to support your healing.



Resilience and Somatic Yoga:

- **Mental Resilience:** Somatic yoga helps strengthen mental resilience by teaching you to stay present, manage stress, and process emotions more effectively.
- **Physical Resilience:** Through gentle movement and breath awareness, somatic yoga improves flexibility, reduces tension, and enhances overall physical well-being, making you more adaptable to challenges.

Personal Growth:

How has somatic yoga helped you cope with stress or overcome challenges?

Strengths and Challenges:

What aspects of your practice have contributed to your mental and physical resilience?

Future Goals:

How can you use somatic yoga to build resilience in other areas of your life?

Reflective Insights:

What changes have you noticed in your ability to handle difficult situations since starting your practice?

Your Reflections:

Integrating Mindfulness

Mindfulness in Yoga:

- Enhancement: Mindfulness deepens your yoga practice by fostering present-moment awareness and enhancing the connection between mind and body.
- Benefits: It improves focus, reduces stress, and helps you fully experience and appreciate each movement and breath during your practice.

Incorporating Mindfulness Practices:

1. Mindful Breathing: Focus on the sensation of your breath as you move through poses.
2. Body Awareness: Pay close attention to physical sensations and adjustments in each posture.
3. Present-Moment Focus: Direct your attention to the here and now, letting go of distractions.

Your Mindfulness Practices:

Practice 1:

Describe a mindful breathing exercise you plan to use.

Practice 2:

Detail a body awareness technique you'll incorporate.

Practice 3:

Outline how you'll maintain present-moment focus during your routine.

Developing a Routine

Tips for Establishing a Regular Practice:

Set Specific Goals:

Define what you want to achieve with your somatic yoga practice.

Choose a Consistent Time:

Pick a regular time each day or week for your practice to build a habit.

Start Small:

Begin with shorter sessions and gradually increase as you become more comfortable.

Create a Dedicated Space:

Designate a specific area for your practice to help maintain focus and motivation.

Track Progress:

Keep a journal or use a calendar to monitor your practice and reflect on your progress.



WEEKLY SOMATIC YOGA SCHEDULE:

Monday

Tuesday

Wednesday

Thursday

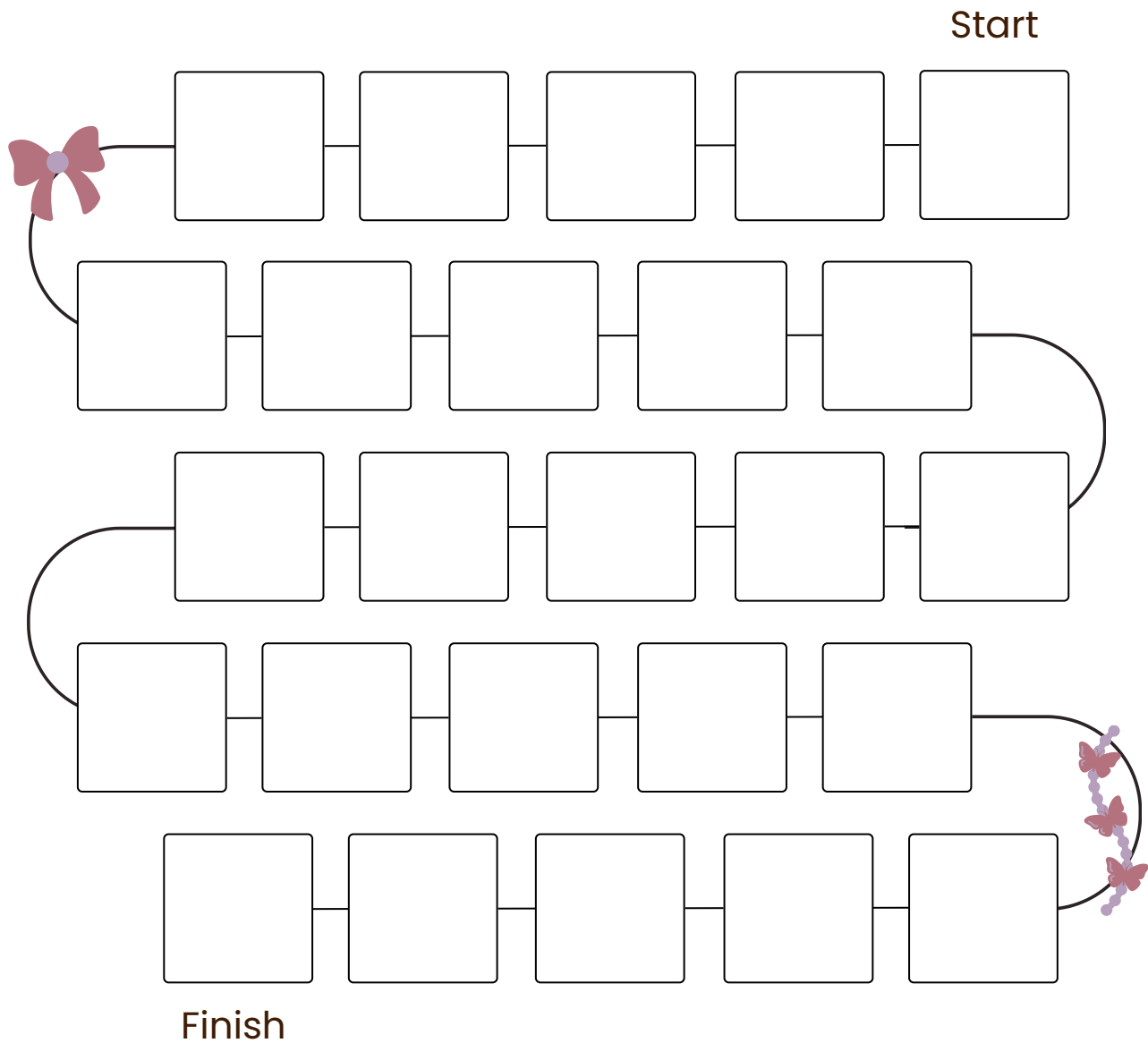
Friday

Saturday

Sunday

Notes

WEIGHT LOSS TRACKER



Starting Weight

Goal Weight



TRAUMA HEALING TRACKING:

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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REFLECTION SPACE:

Achievements:

Challenges:

Achievements:

Challenges:

Achievements:

Challenges:

Achievements:

Challenges:

YOGA TRACKER

Month _____

My goals:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Reflections:
