

AMANZI



About Somatic Healing

In Person Private Experience to support the fostering explores how the body expresses deeply painful experiences, applying mind-body healing to aid with trauma recovery. In somatic healing, the body is the starting point to achieve healing. This form of therapy cultivates an awareness of bodily sensations, and teaches people to feel safe in their bodies while exploring thoughts, emotions, and memories.

Depending on your needs, your Somatic Healing journey can include;

- **Emotional Resonance Bodywork**- Emotional release through bodywork. This journey begins with Compassionate Inquiry[®] which is a somatic based psychotherapeutic approach developed by Dr. Gabor Mate. It gently uncovers and releases layers constriction and suppressed emotion embedded in the body. It is then blended with Bio-sonic color therapy and vibrational energy healing that uses subtle harmonic frequencies with gentle bodywork and breathwork.
- **Aquatic Bodywork** - This underwater journey begins with vibrational attunement for grounding before you connect with the water element. This immersion embodies you in a state of profound aquatic relaxation, taking you to womb like states feeling nurtured and held. As you surrender the body relaxes, the mind relaxes, and emotions calm down.
- **Inner Dance** - The inner dance is an energetic process where one lays down in shavasana, working with brain waves via sound and frequency the journeys begin with a deep surrender to being held in a container of the sacred. As deeper trust comes in, people enter expanded states of consciousness. It is a trance-based intuitive perception brought about by a sound healing modality that works with changing brain wave states. Physical touch is applied to stimulate and awaken the body's intelligence for self-healing by triggering bodily and emotional responses, including spontaneous movement, that helps clear deep-seated blockages and enable more flow at all levels.

These Sessions are for whomever would like to explore themselves in a safer, holistic safe both the therapist and the client gently inquire in a safe space of Compassion in the present moment.

SESSION DETAILS

I am able to offer these sessions in person at the below listed locations:

- In Dubai at SEVA Experience with the exception of the aquatic bodywork in which the location is (TBD),
- On any of my retreats as an additional experience,
- At any of the upcoming properties where I visiting as a practitioner.

*Please email me for more information pertinent to the above.

CREDENTIALS

ICF (International Coach Federation) Accredited Life Coach

NLPC (Federation of Neuro-Linguistic Programming Coaching Professionals) Accredited NLP Coach

Compassionate Inquiry[®] Somatic-based Psychotherapeutic Approach (Professional Training by Gabor Mate)

Somatic Attachment Therapy (By the Embody Lab)

DISCLAIMER

I am not a registered Psychotherapist | Psychologist. If you think that your mental state requires intense therapeutic supervision and or Intervention, kindly first contact a registered Psychotherapist | Psychologist | Psychiatrist or Family GP.