Somato-emotional Integration

The term bodywork, which is sometimes used interchangeably with massage, embraces a more encompassing view that includes, in addition to working with structures of the body, the intent of increasing awareness of the mindbody connection. Often people believe they can separate their emotions from their physical body. Unfortunately, mind, body, and spirit are all connected and you can't work on one without touching in the others and vice versa. Pain, emotional stressors, trauma can all manifest in a variety of patterns in the body. Staying focused on the breath and physical body, using several forms of massage, from deep tissue, Swedish, movement, this work can help integrate mind and body.