



**SPECIAL OFFER**  
£30 per 121  
session until  
June 2015

## Synergy Somatics

### Remember how good your body is designed to feel

Welcome to Synergy Somatics, my name is April and I am a Clinical Somatic Educator in training. I am sure the first question you are wondering is what is Somatics, so I will attempt to explain it simply.

I will start by explaining what a soma is; it is the Greek word for 'the living body in it's wholeness' and I think that is a good way to sum up Somatics, in its essence it is the education of using the body synergistically.

Somatic education teaches a person how to relieve pain through movement of the body and understanding that by one muscle group over-performing or working harder than the rest of the muscular system on a daily basis, it can create sensory motor amnesia (SMA).

If the body is subjected to a repetitive pattern of movement or reflex, such as moving a computer mouse for a large percentage of the day, or perhaps using the thumb to scroll on your phone, then this can create a muscle contraction which the brain forgets to release because it believes you need it in constant use, and so stays flexed.

Likewise, trauma to the body through an accident, injury or surgical procedure will also cause SMA. This then consequently, means the brain forgets how to use the muscle freely (which is the SMA) and can result in pain or at the very least, poor posture which may lead to pain or discomfort over time.

By using somatic movement and making it part of your daily routine, the brain can re-set and begin to re-connect and remember the contracted muscle it had forgotten about and soma becomes free of pain.

#### TO BOOK:

Contact April

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Price £60 per treatment (*two 121 treatments are recommended*)



**BIKRAM YOGA.**  
LIVERPOOL