

SOMATICS

Meaning: Somatics refers to a field of study and practice that focuses on the awareness and integration of the mind and body through movement and sensory experiences.

1. Somatics emphasizes the connection between the mind and body through various movement and awareness practices.
2. Many therapists incorporate somatics into their sessions to help clients become more attuned to their physical sensations.
3. The somatics approach encourages individuals to explore their body's movements and release stored tension.
4. In yoga, somatics can be utilized to deepen one's understanding of alignment and overall bodily awareness.
5. Workshops focusing on somatics often attract those interested in holistic health and personal development.

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