

# SOMATICS AT CAMPBELL: YOUR BODY AS YOUR COMPASS

1-HR INTRO WORKSHOP ON  
JANUARY 12 AT 5PM



My body hurts.

It hurts more when I am stressed.

I don't want to depend on pain-killers to function.



**Somatics I: Staying Calm Feb. 2nd-March 2nd**

**Somatics II: Energetic Boundaries April 6-May 18**

Mondays at 5-6PM.

Somatics II complements Somatics I — no prerequisites.

Did you ever ignore a gut feeling, and regretted it?

In Somatics I and II, you will reconnect with your body's intelligence and:

- Sense overwhelm early through your body's signals
- Build interoception (notice and name sensations)
- Regulate your nervous system and keep your power of choice
- Feel more grounded, present, and embodied

These tools apply in both personal life and work.

Led by somatic coach and educator, Claudia Rogron at:  
[LuminaBodymind.com](http://LuminaBodymind.com)

