

EMBODY & FLOW SOMATIC GROUP THERAPY



Day: Tuesday
Time: 7-8:30 pm
Duration: 6 Weeks
+ intake
Cost: \$ 500

GROUP DESCRIPTION

Embodiment & Flow is a six-week belly dance group designed as a somatic movement practice. It encourages self-expression, emotional integration, and a deep connection to the body. Rooted in the ancient traditions of belly dance, this practice serves as a pathway to release, embodiment, and inner balance. Through isolated movement of the hips, chest, ribs, belly, and spin you will develop awareness of how emotion and trauma live in your body. This develops interoception - your ability to feel the body's signals like tension, flow, and release, which is central to trauma healing and emotional regulation. Belly dancing engages the places where trauma is often held: the pelvis, diaphragm, and lower back. Undulating and shaking movements can gently release tension and restore a sense of safety and grounding. This form of movement offers a non-verbal outlet for emotions like grief, joy, anger, and sadness. While helping clients explore themes of power, containment, and softness. All genders, body types, experiences and fitness levels are welcome.

BY THE END OF THIS 6-WEEK GROUP, YOU WILL DEVELOP:

- Spinal Awareness – Deepen your connection to your central nervous system where mind and body connect
- Neural Integration – Engaging both hemispheres of the brain through structured movement patterns.
- Breath Connection & Integration – Breath as a guide for movement, presence, and release.
- Embodying Rhythm & Musicality – Explore the relationship between movement and sound, attuning your body to rhythm.
- Cultivating Presence & Connection – Confidence in being seen & seeing others
- Authentic Expression – Self-expression, emotional understanding and release.
- Grounding & Stability – Deeper connection to the earth, finding strength
- Divine Feminine Energy – Tap into intuition, fluidity, and sensuality.
- Welcoming Fluidity – Embrace adaptability and ease in movement

ROOTS AND BRANCHES THERAPY

www.rootsandbranchestherapy.nyc

34 Plaza Street East, P109, Brooklyn, NY 11238

clientcare@rootsandbranchestherapy.nyc

☎ 646-490-1930 🖨 646-809-8580

