

Somatic Wellness for Interpreters

Sharon Schweizer NIC, BCST, RCST®

DISCLAIMER:

Somatic Movement can offer natural health benefits, but it's important to acknowledge that individual conditions or past injuries might lead to new or aggravated injuries for some.

As a participant, you agree to waive any claims against the organizers, practitioners, and assistants, and take full responsibility for any risks or injuries. This agreement applies to all aspects of the workshop, and it remains valid even after the workshop ends.

By continuing, you confirm that you understand and accept these terms willingly, without coercion, and acknowledge that you're giving up any future legal claims related to the workshop.

Listen to your body;
it knows best.

Enter in the CHAT:
Where are you located?

Focuses on somatic sequences designed to

- >release tension related to back pain
- >shoulder and neck tension
- >stiff hips
- >leg length discrepancy
- >aches and pains
- >and more

Focuses on

- >Pain Relief
- >Tension reduction
- >Trauma release
- >Motion restoration

by slowing down the nervous system to relax into a state which enhances your body's self healing abilities.

What to expect:
Movements are gentle and at the
pace of each individual

One minute of anger weakens the
immune system for 4 to 5 hours.

One minute of laughter boosts the
immune system for 24 hours.

We will learn how to

>use new tools and techniques to manage stress, relax and release bodily tension

>expand and discover your own personal movement patterns and habits

>expand your toolbox of strategies to alleviate and manage chronic pain or discomfort through movement and awareness, as well as enhance what you may have already been able to access

> take an active role in your own well-being through mindful movement practices



In the Chat:
As an interpreter (or just for yourself)
how can you benefit from practicing
somatic movement?

Somatic Therapy aims to address both physical and mental health simultaneously so that you can find relief more quickly. Examples:

Grounding exercises
Breathing exercises
Sensation awareness
Physical movement

In somatic practice,
movement is medicine.

Breathing Exercise 1

<https://www.youtube.com/watch?v=gLbK0o9Bk7Q&list=WL&index=79&t=1s>

Breathing Exercise 2
<https://www.youtube.com/watch?v=n6RbW2LtdFs>

SENSORY BREAKOUT SESSION

We will learn how to

- >use new tools and techniques to manage stress, relax and release bodily tension
- >expand and discover your own personal movement patterns and habits
- >expand your toolbox of strategies to alleviate and manage chronic pain or discomfort through movement and awareness, as well as enhance what you may have already been able to access
- >take an active role in your own well-being through mindful movement practices

What do you need?

- >A little bit of time
- >A little bit of space
- >no equipment or workout clothes needed

Designed to be done in your home or work office space

**BREAKOUT
MOVEMENT**

Move with awareness;
feel with intention.

>Rubber inner tube at waist,
filling with air, squeezing you
then all the air goes out suddenly.
What would that feel like?

>Weights on end of fingers at
same time helium balloons on
shoulders
What would that feel like?

>What if gravity in the room
increased by 10%; 20%, what would
that feel like? Now 50%, 100%.
Now gravity is leaving, becoming less
and less – like the moon. What would
that feel like?

sit or stand

>Walk/imagine out into ocean your
feet in the soft sand under the water,
body rocks like kelp in the waves.
What would that feel like?

Thank you!