The Somatic Woman

A Scripture Led Life

This guided workbook is designed to help you move Biblical truth out of your head and into your body, empowering you to reconnect with your God-given body through God's Word.

Workbook



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About

The Somatic Woman

Welcome

The Somatic Woman is a dedicated Christ-centered project designed to support a woman's experience from the inside out. As the founder of the project, I began the Somatic Woman as a way to help women recovering from mental health struggles. I have found through my work that many women find that their mental health improves when they focus on their somatic health.

Mission

The mission of the Somatic Woman is to empower women to reconnect with their God-given bodies and navigate life's transitions through grounded somatic practices, body-based self-care, and wholistic well-being.

What I Believe

I believe that true transformation doesn't happen in your head—it happens in your body. In a world that constantly encourages us to live from the neck up, analyze our feelings, and push past our physical limits, I provide a space to slow down, tune in, and drop back down into your physical self. Your body isn't a problem to be solved or a machine to be optimized; it is an intelligent, highly sensitive compass carrying decades of wisdom, memory, and innate capacity for healing.

My Approach

Body-First Awareness: I shift the focus from over-analyzing thoughts to listening to nervous system cues, physical sensations, and embodied consciousness.

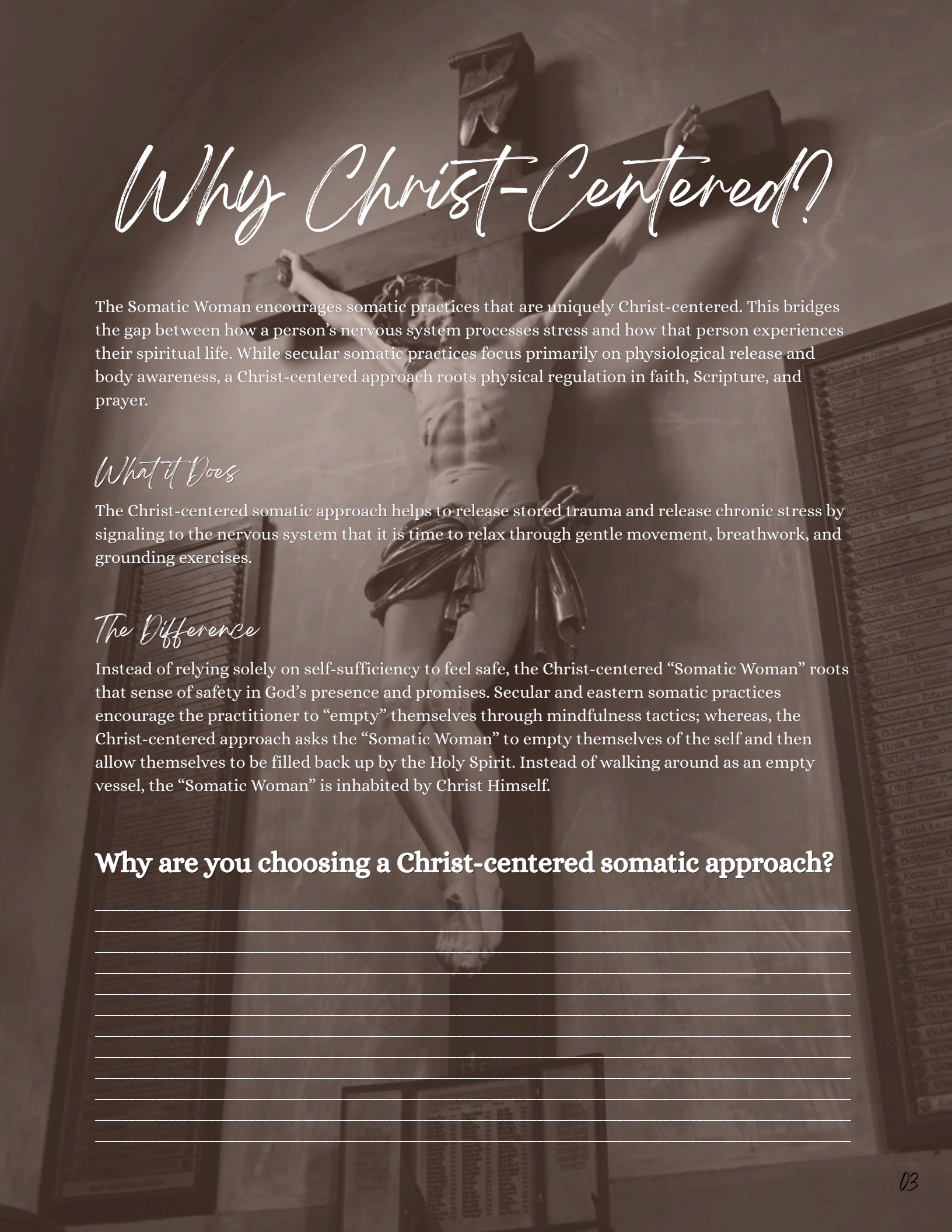
Grounded, Accessible Practices: I translate somatic theory into practical, daily tools—breathwork, gentle movement, nervous system regulation, and sensory grounding—that fit real life.

Honoring Women's Transitions: Whether navigating burnout, motherhood, hormonal shifts, or major life changes, I hold space for the full spectrum of the female experience without judgment or rush.

Safety & Self-Trust: I prioritize creating a felt sense of safety within your own skin, empowering you to move at your body's natural pace rather than forcing artificial timelines.

Noël

Healing isn't about fixing what is broken; it's about returning to the wholeness that was there all along. Here, you are invited to unlearn chronic stress, reclaim your agency, and come home to your God-given body.



Why Christ-Centered?

The Somatic Woman encourages somatic practices that are uniquely Christ-centered. This bridges the gap between how a person's nervous system processes stress and how that person experiences their spiritual life. While secular somatic practices focus primarily on physiological release and body awareness, a Christ-centered approach roots physical regulation in faith, Scripture, and prayer.

What it Does

The Christ-centered somatic approach helps to release stored trauma and release chronic stress by signaling to the nervous system that it is time to relax through gentle movement, breathwork, and grounding exercises.

The Difference

Instead of relying solely on self-sufficiency to feel safe, the Christ-centered "Somatic Woman" roots that sense of safety in God's presence and promises. Secular and eastern somatic practices encourage the practitioner to "empty" themselves through mindfulness tactics; whereas, the Christ-centered approach asks the "Somatic Woman" to empty themselves of the self and then allow themselves to be filled back up by the Holy Spirit. Instead of walking around as an empty vessel, the "Somatic Woman" is inhabited by Christ Himself.

Why are you choosing a Christ-centered somatic approach?