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Soma Structural Integration,
Massage & Rehabilitation

PROACTIVE SOLUTIONS FOR PAIN & BODY EFFICIENCY

Do you see the changes?

Head moves back Neck regains natural curve Ribcage elevates Belly flattens Pelvic angle changes Knees soften

"Soma bodywork completely altered the way I observe living in my body. I feel more aware of subtlety – in the alignment of my bones, the function of my muscle, and the range of my sensory perception. Soma is an inspiring education."

--K.I.

Find out what Soma Structural Integration can do for you. www.bodymindedtherapy.com

After Session 1

After Session 11

Before Session 1