



## **Discover SRI Workshops Monthly - Tuesdays 7.30pm Beach House Chiropractic**

Somato (Body) Respiratory (Breathing) Integration (SRI) is designed to offer you new options in your experience of your body and your personal healing. It educates you to understand your body's **rhythms and inner wisdom** through focused attention, gentle breath, movement and touch. SRI provides you with a means of placing your attention on your body, the vessel of human spirit, and provides a tool for focusing your attention in a way that works for your healing and empowerment.

Somato Respiratory Integration exercises (based on Donald Epstein's book The 12 Stages of Healing) are designed to help the brain to reconnect with the body and its experience. **The goal of Somato Respiratory Integration is to help an individual develop lifetime skills, safety, strength, wisdom and love in relationship to the experience of his/her body, its vibration, structure, and energy.**

Through reconnecting a person's breath, touch, focused movement and attention, they can experience the body more fully and instantly shift their state of consciousness to one that supports trust for the body-mind and their life experience.

### **The 12 Stages of Healing**

The first three stages are helpful for those who are suffering physically, emotionally or mentally. We become aware of the rhythms and polarities of our suffering and discover we are somehow involved in a process and are partially responsible for our distress, recognising that it is associated with being 'stuck' in a particular perspective.

The next four stages are associated with 'breaking through' and making significant life changes to conquer suffering. Ways to create change are discovered and resolution achieved.

The last five stages represent a more awakened consciousness. Having dealt with and resolved suffering, the individual is left with an enlightened and deeper sense of wellbeing. They are ready to participate in life in a more profound and satisfying way.

### **SRI and your Network Spinal Analysis care**

Through your NSA care, we teach you to move through The Twelve Stages of Healing using your breath, movement, touch and focused attention to find the energy within. Once you learn to harness your inner strength and use it to reorganise the tensions that would normally cause physical or emotional pain, you'll be in a position to live a truly fulfilled life.

### **The benefits**

SRI will help you:

- Enhance the results of your NSA care
- Stay more connected and present in your body
- Feel more focused and energised
- Be more creative
- Transcend physical pain, stress, depression and tiredness
- Make significant and positive life changes
- Maintain a greater depth of wellbeing

SRI will not only help you make the most out of your NSA sessions, it can also be practiced during your day-to-day life. These are the tools you need to deal with pain and stress, and will give you the momentum and know-how to change your life for the better.

Through NSA care, The Four Seasons of Wellbeing and Somato Respiratory Integration, you will learn how to become the healthiest and happiest you can be.

We also run an evolving range of talks, workshops and retreats for further learning and healing.

We integrate SRI into all our processes and have specific workshops to help you understand the different stages clearly.

Dr Yulia Howe  
Chiropractor