



Back to Life Wellness Center

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Network Spinal Analysis™ ⊗ SomatoRespiratory Integration™

SOMATO-RESPIRATORY INTEGRATION™ (SRI)

SomatoRespiratory Integration™ (SRI) is designed to offer you new options in your experience of your body and personal healing. It educates you to 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 and provides a tool for focusing your attention in a way that works for your healing and empowerment.

Practicing SRI promotes greater body awareness, increasing your ability to respond to more subtle cues--that you may already be noticing since beginning Network care. SRI involves active participation of the conscious mind in order to link awareness, body and respiration (breath). Results reported by those familiar with SRI include profound changes in the perception of themselves, their lives and circumstances, as well as an instant inner focus even in the face of pain and discomfort. As we connect to the safety in our bodymind we unlock its healing energy and wisdom.

Consider that there is a way to relate to our state of being outside the traditional health paradigm. Consider that the simple lack of disease or abnormality actually isn't, in and of itself, indicative of good health. Living a life in a constant struggle to stay healthy doesn't leave much time to live fully and freely. Reclaiming our power, merging with our illusions, preparing for, and experiencing resolution are powerful states of consciousness that, when accessed, can ignite long awaited transformation in your life circumstances.

In this hands-on workshop we will be exploring the 12 stages of healing and discovering how our rhythms are expressed (or not). The outcome of these workshops, as well as practicing SRI in the office or at home, is to develop lifetime skills, safety, strength, wisdom and love in relationship to the experience of your body, its vibration, structure and energy. We will teach you how you can access these stages of healing at anytime.

THE TWELVE STAGES OF HEALING

Stage 1. DISCONNECTION/SUFFERING	Stage 2. POLARITY AND RHYTHMS
Stage 3. STUCK IN A PERSPECTIVE	Stage 4. RECLAIMING OUR POWER
Stage 5. MERGING WITH THE ILLUSION	Stage 6. PREPARING FOR RESOLUTION
Stage 7. RESOLUTION	Stage 8. EMPTINESS IN CONNECTEDNESS
Stage 9. LIGHT BEHIND THE FORM	Stage 10. ASCENT
Stage 11. DESCENT	Stage 12. COMMUNITY