

Prenatal Somatic Body Mapping

I offer a **prenatal somatic body mapping journey** particularly for **women in pregnancy**. Pregnancy brings many changes to the body and the mind. It changes the way you sit, move, see and feel about the body.

Personally, in my second pregnancy, I developed a huge anxiety over the coming labour as the first one was a long traumatic procedure. Unfortunately, I had no access to talk to the health professionals to ease my tremendous worries. As a dance movement psychotherapist and somatic body mapping practitioner, I had thought I should make my own **body map** to explore where my anxiety came from and sat in my body and transferred the bodily experience to the paper. Over my 25-35 weeks, I spent time lying down, listened to my body with vivid sensations of the little one's kicks and punches, and created my own internal body image. I needed a solid support for my back. I needed to feel easier about my labour through the shapes, colours, and textures. Through mapping my body sensations on the paper, I felt much more grounded and ready for the big event.



What is Somatic Body Mapping?

You are invited to get in touch with body sensations by staying still, sensing and/or moving the body. Then you are invited to express your bodily experience, memories, images and so forth, on a body-sized paper, using art materials. The space is safely and non-judgementally held for you to unfold your story however you would like to. Your bodily findings are respected and acknowledged. You are not aiming to create a “nice” piece of artwork. No artistic, movement skills or experience required. You can get a glimpse of the exploration at [here](#).

As a woman, mother and practitioner, I am offering individual somatic body mapping sessions particularly for those who would like to bodily and creatively explore their pregnancy journey. You can choose to dedicate your time for either 4 weeks or 6 weeks or 8 weeks or more (Each session can be 60, 90 or 120 minute-long) before arriving your baby. I also support your entire pregnancy journey through the exploration of somatic body mapping.

I will be guiding you gently, safely, and nonjudgmentally for your creation of a body map. The place will be either at my private practice space in Blackwood or at your own home. Please contact me if this might be your interest. We can discuss together and clarify questions you may have.

Contact

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