

Align Somatics Certified Practitioners



Name: Valerie Schraauwers
Email: valerie.bienetrefeminin@gmail.com
Tel: 0033 770057327

I am teaching somatic movement classes, workshops and individual coaching



Name: Melissa Softley
Email: melsoftley@blueyonder.co.uk
Tel: 44 (0)7815 624 368

Classes and one to one client sessions.



Name: Sue Urquhart
Email: sueurquhartbowen@gmail.com
Tel: +447939135123

Hanna Somatic movement exercises 1to1: Somatic movement exercises are safe, gentle and effective movements that engage the brain to help reprogram and release tight muscles.

Bowen fascia release therapy: is a gentle, hands-on therapy that addresses all types of musculoskeletal pains and is designed to stimulate the body's innate healing ability. It has been hailed as one of the fastest growing and most successful treatment methods in the country.

McLoughlin Scar Release:

Scar Tissue Work is primarily about reducing pain and improving function, there are many layers to the scar tissue therefore scars often effect underlying organs and tissues in the body.

The aim of the treatment is to:

Reduce pain and restriction

Reduce adhesions – both superficially and deep within the system

Restore nerve function including numbness, pain and sensitivity

Enhance movement of the surrounding tissues, to reduce pulling and sticking.



Name: Victoria Taylor
Email: info@victoriataylorsomatics.co.uk
Tel: +44 7970823533
Website: <https://www.victoriataylorsomatics.co.uk/>

Somatic movement with energy healing - classes, individual sessions and workshops. Based in Tonbridge Kent.



Name: Nicky Forsdyke
Email: nicky@somayogafitness.co.uk
Tel: +44 07882 020259
Website: <https://www.somayogafitness.co.uk>

Located in Scarborough, North Yorkshire. Soma Yoga Fitness specializes in Somatic Movement Classes and 1-1 Somatic Movement Education. I am a fully qualified and insured Somatic Movement Exercise Coach (Align Somatics) and yoga teacher registered with Yoga Alliance.



Name: Sharon Stevenson
Email: sharon.stevenson9@btinternet.com
Tel: 07968311019

I teach 2 pure somatic classes per week
Tuesday 7.15-8.30pm south end on sea sea essex
Thursday 9.15-10.30am south end on sea essex

I aim to provide workshops when i feel this would be of interest to certain subjects

i have level 1 & 2 under my belt and continue in research weekly to keep my skills appropriate.



Name: Debbie Liddy
Email: debbie@strawberrystudio.co.uk
Tel: 07985566864

Postural assessment, A.I.M (finding centre registered therapist) somatic movement coach and bio mechanical movement. I work with differing conditions as well as postural imbalances; C.F.S M.S Fibromyalgia, and many more.



Name: Karen Powell
Email: karen.powell.pilates@gmail.com
Tel:

I provide small bespoke classes in Somatic Movement each week within my home city of Inverness. I also teach lessons individually from my small home studio. With my background of Pilates and Somatic Movement I also teach separate classes incorporating both movement practices. Recently I have been collaborating with a local Mindfulness teacher and facilitating lessons in Mindfulness and Somatic Movement. I have completed both Align Somatics Exercise Coach Levels 1 in 2016 and Level 2 in 2017.



Name: Rosalyn Griffith
Email: yogaros@hotmail.com
Tel:
Website: www.yogaros.co.uk

Hi I am YogaRos, an experienced and highly qualified Yoga, Pilates and Somatic Movement Coach working with all populations for over 12years with a special interest in backcare. I pride myself on my ability to create a safe and caring atmosphere with sensitivity yet authority. I welcome private individuals to my 121 studio here in the London Borough of Redbridge to guide them through a variety of appropriate somatic moves so that they learn how to release their muscular pain and tension. During the First Intake Session the client will receive a Postural and Joint Motion Evaluation and along with their relevant health history, their dominant reflex (es) is identified with reference to Hanna Somatics. Clients then receive my

professional notes to help them with their at home self-care movements. More details at www.yogaros.co.uk



Name: Debbie West
Email: theweststudio@hotmail.co.uk
Tel: 07977 449254
Website: www.northdevonpilates.co.uk

I provide Hanna Somatic classes, Workshops, 1:1's and I host Somatic Retreats in Devon and abroad.
Member of the Pilates Independent Teachers Association
Trained by the Pilates Foundation
Creator of Debbie West Pilates established 2005.



Name: Clive Ramsden
Email: clive@psomatics.com
Tel: (44) 07427 308 661
Website: <https://psomatics.com>

Offering One-on-One Somatic Movement Sessions in the Bournemouth, Boscombe and Southbourne area. More information at <https://psomatics.com>



Name: Denyse Weiser
Email: denyseweiser@john-lewis.com
Tel: 07950 135954

Small Somatic & Pilates Weekly Classes of 6-7 clients, 1-1 Somatics, Pilates and Structural Integration



Name: Debra Morrice
Email: debramorrice@gmail.com
Tel: 07771 724021
Website: www.debrmorrice.com

1-2-1 somatic movement education coaching and craniosacral therapy, Align Somatics 1 & 2.



Name: Karen Green
Email: karen@mabconsultants.co.uk
Tel: +44 7775 655 539
Website: www.mabconsultants.co.uk

I offer one to one Somatic Movement Education sessions at my clinic in Newton, Nottinghamshire, or can travel to you (note travel costs will apply). I will coach you in specific Somatic movements, which are self-initiated and self-regulated with awareness, tailored to your individual needs. I'll also produce a personalised programme for you to do at home. You'll learn how to alleviate, prevent, and even reverse chronic physical complaints that we often mistake as an inevitable part of life as we age.

I also runs group Somatics classes in South Nottinghamshire, in Radcliffe-on-Trent and Gunthorpe – find full details on our website, <http://www.mabconsultants.co.uk/yoga/>.

I've been involved in the health and fitness industry for over thirty-five years, and am also a Remedial Yoga teacher.



Name: Lynn Vicars
Email: somaticmovement.uk@gmail.com
Tel: +447734445000
Website: www.somaticmovement.uk

I offer 1-1 assessment +sessions for people suffering from both muscular pain due to bad habitual posture caused by work, daily habits, stress, injury, rehabilitation or for sports enhancement. I offer workshop/classes at my studio or in the workplace for team building & prevention from unwanted & unnecessary time off of work. I'm qualified as a pilates instructor, sports & special needs massage therapist and a level 3 Somatic neuromuscular movement coach teaching Hanna Somatics, educating people how to regain control of their normal movement eliminating pain. I teach Pure Somatic workshops offering courses of 6 week progressive small group classes to follow. I also accommodate 1-1 assessment sessions to suit the individual. I have been passionate in my teaching for over 15 years and am qualified as a Pilates Instructor, Massage for Sports injuries and Special Needs. There are so many people suffering with Neck, Shoulder, Back, Hips and leg pain due to muscular imbalances that can be corrected not necessarily only by surgery. My mission is to help people understand their body mechanics, moving with more awareness and more freedom to achieve a better quality of life without pain and less injuries.



Name: Julia Moore
Email: julia@holistic-yoga.co.uk
Tel: +447800959543
Website: www.holistic-yoga.co.uk

I teach Hanna Somatics, Yoga for Healthy Lower Backs and Anatomy in Motion in small group classes in small Crouch End, North London. These are bookable online at my website www.holistic-yoga.co.uk. Individual lessons are available in Crouch End, at a local studio. I do home visits within a 2km radius. These lessons are usually an 1 - 1.5 hours long, the extra half hour allows time for an Anatomy in Motion postural and movement assessment, which helps to understand your patterns of tension. These may be due to injuries, surgery or habitual repetitive movement (from sport, carrying children, working at a desk). Also your feet will be assessed and mobilised as they can have a huge affect on your posture and walking gait.

I also offer two weekend retreats a year at Tilton House in the South Downs. We do a lot of Hanna Somatic practice on the retreats combined with gentle yoga, relaxation and learning about posture and walking gait.

My special interest is in teaching people with joint (hip, knee, shoulder... etc) and back pain (prolapsed disc, sacro-iliac joint pain, misaligned vertebrae); chronic fatigue; chronic stress; fibromyalgia and hypermobility (EDS).

I'm a qualified yoga teacher with extensive training in Yoga Therapy (I've been teaching for over 12 years) Somatic Educator (Level 1 and 2) and Anatomy in Motion Therapist.



Name: Charlotte Preston
Email: charlottepreston@gmail.com
Tel: 7896047533
Website: charlotteprestonyoga.com

I teach gentle yoga, qigong, somatics and I am a clinical massage therapist, working with each person holistically, to help recover from injuries and pain and to provide deep relaxation and restoration. I hold six weekly classes in central London and also regular workshops and retreats. I have a twice weekly clinic at Fix London, London's leading sports injury clinic.



Name: Jo Dickson
Email: info.jopilates@gmail.com
Tel: 44 779936368

Teaching somatic movement classes, one-to-ones and small groups in and around the Weald of Kent.



Name: Jeni Howland
Email: jeni@amberwellness.net
Tel: +44 (0)7736 300 325
Website: www.amberwellness.net

Currently offer several weekly classes, monthly workshops and do one to one sessions in Cheltenham, Gloucestershire and Worcestershire.



Name: Claudine Martin
Email: claudine@yogaseeds.co.uk
Tel: +44 7854 473111
Website: www.yogaseeds.co.uk

I teach weekly somatic movement classes, monthly somatic workshops and private 1:1 clinical sessions in Bagshot, Surrey. I offer personal programmes for pain-free movement and/or chronic stress.



Name: Lynne Moore
Email: lynne@awarenessthroughyoga.co.uk
Tel: +44 7792297126

Somatic Movement classes, one to ones, and workshops in Wrexham, North East Wales and Chester.



Name: Susannah Alpert
Email: susannah@intrinsicpilates.com
Tel: +44 7989 556154
Website: www.intrinsicpilates.com

Classical Pilates using a fully equipped apparatus studio. One to one Somatic Movement Therapy. Therapeutic & Holistic Massage. I specialise in the realignment of the body, by using a combination of stretch, strength & release techniques, and in teaching the client how to recognise & release their own pain patterns using Somatic Movement Therapy & the Pilates system of movement.



Name: Steven Leather
Email: info@stevensomatics.com
Tel: 07470 279750
Website: stevensomatics.com

Somatic movement classes & 1-1 sessions in/around Wellington Somerset.



Name: Sara Mayne
Email: saramayne1@gmail.com
Tel: 07732 735644
Website: saramayne.com

Pure somatic movement coaching. classes, classes and 1-1. I also teach taichi, qigong and restorative yoga. I teach in a private studio in Maidenhead to small classes (10 max) My aim is to help us all regain our full movement potential and discover a body free from aches, pains and restricted movement.



Name: Angie Hoare
Email: angiejhoare@gmail.com
Tel: 7884498241
Website: www.pilatesphysique.co.uk

I provide pure somatic movement on a 1-1 basis. I've been teaching Pilates for approx 15yrs and currently undergoing Yoga teaching training with BWY. In between teaching I'm also a sports massage therapist.



Name: Carole Marshall
Email: ca.marshall@btopenworld.com
Tel: 07976 808481

Introduction to Somatic Movement classes; Somatic Yoga classes; 1-1 assessment and sessions. Barnes SW London.



Name: Sonia Munafo
Email: soniamstyle@live.com
Tel: 07905 118234

Mainly one to one and a few classes.