

WORKSHOP

\$35

How To Release Trauma from the Body

An immersive somatic experience to stop carrying what you were never meant to hold alone.

● Saturday, June 20, 2025 ● 10:30 AM – 12:30 PM ● In Person

ABOUT THIS WORKSHOP

You've been carrying it long enough.

This isn't talk therapy. This is body work — and there's a difference. Trauma doesn't live in your thoughts. It lives in your jaw, your hips, your held breath. In this experience, you'll learn to find it, feel it, and finally start to release it — with guidance you can trust, in community that holds you.

WHAT TO EXPECT

● Guided meditation to settle the mind and open the body

● Intentional journaling to bring what's hidden into the light

● Somatic practices to create safety from the inside out

● A heartfelt conversation in a compassionate, held space

YOUR GUIDE

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Dr. Samantha Harte, DPT

Trauma-Informed Physical Therapist & Sober Life Coach

LOCATION

● **StrongHarte Fitness**

1655 E Thousand Oaks Blvd, Suite 101 | Thousand Oaks, CA

Register Now — \$35

Space is intentionally limited. Secure your spot.