

The Washington, DC Somatics Practice Group

Background

The DC Somatics Practice Group is a commitment to create a safe space for leaders to practice taking new actions in the world. We facilitate this by declaring our practice space a [Leadership Dojo®](#).

Affiliation

Founded in 2011 by graduates of the Strozzi Institute Somatic Coaching program, our group was originally organized around SI's brand of Somatics. Since January 2013, we have invited those interested in, and practicing all forms of Somatics to join us.

Intention

We encourage anyone interested in accessing the body to create and support change – learning about, practicing and applying Somatics - to attend our meetings. We invite facilitators versed in Somatics of any flavor to lead our monthly group meetings.

We strive to keep Somatics accessible to all: we do not charge for membership, and have thus far not charged for any practice meeting. If we hold a meeting where we have costs to cover, our commitment is to announce those in advance and invite members to share those costs.

Structure

Our original founders govern through a steering committee that meets at least once a year, and communicates by phone and email on any timely issues. We encourage anyone interested in accessing the body to create and support change – learning about, practicing and applying Somatics - to attend our meetings. We invite facilitators versed in Somatics of any flavor to show up, and lead our group through an agenda of our choosing. We welcome regular assessments, send an annual satisfaction survey to our members, and publish the results on our website.

Resources

We have a website which lists our monthly practice schedule (including the facilitator, location, date, and time), and resources we feel are useful to practitioners of Somatics: <http://www.dcsomatics.com>

We also have an email list, which is limited to practice announcements, and Somatic resources that are timely and targeted at all our members. Generally, we limit email traffic to 3 messages a month or less. Instructions for joining are posted on our website.

Our Offer to You

If you are interested in learning more about Somatics, or would like to practice with us, please visit our website and join the mailing list. If you have any questions, feel free to contact:

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