

# Eleusis: An Inner Journey

**By Somatic facilitator  
Adriana Santillan**

Where the body becomes the guide





# The nervous system

## WHY WE FEEL PAIN AND TIGHTNESS

In Somatic Experiencing, we work with your nervous system.

Your body is always trying to protect you, and sometimes pain or tightness—like the back pain, the glute activation, or the tightness behind your legs—is not only a physical issue. It can also be the nervous system staying in a protective mode.



**When the nervous system thinks you're under stress,  
threat, or overwhelm, it can create  
patterns like:**

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**MUSCLE TIGHTNESS**



**OVER-ACTIVATION**



**DIFFICULTY RELAXING**





# The Body Knows

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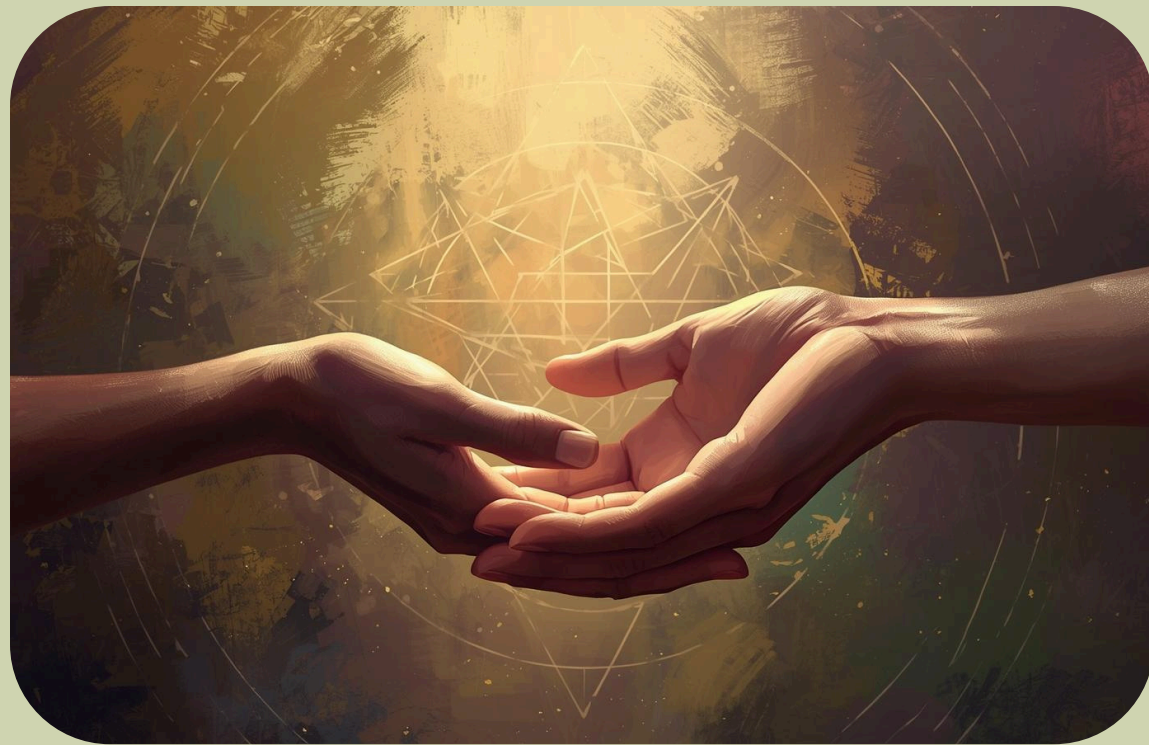
**Through somatic work, we help your body complete old stress responses and return to a regulated, balanced state.**

**When the nervous system settles, the body often follows.**





# Somatic Work: Unlocking Inner Wisdom



## BODY AWARENESS

**Cultivating a deep connection with your sensations.**



## EMOTIONAL RELEASE

**Allowing feelings to move and process through the body.**



## TRAUMA HEALING

**Transforming past wounds into inner strength.**

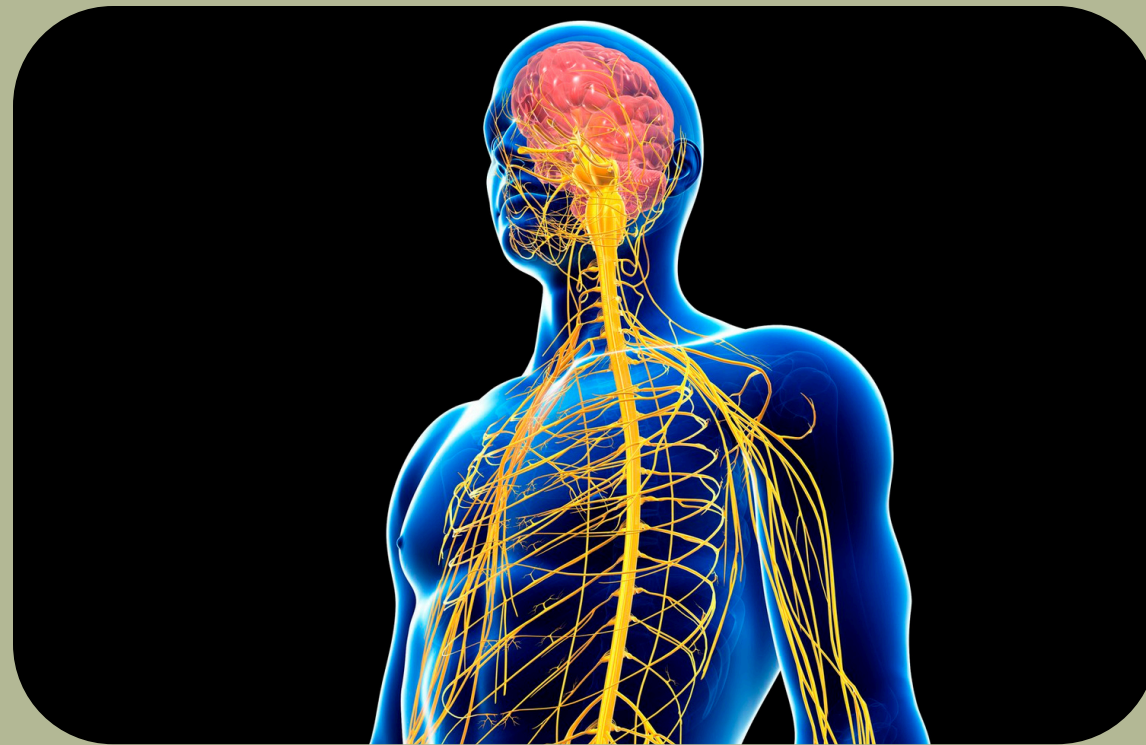


# Understanding Your Nervous System



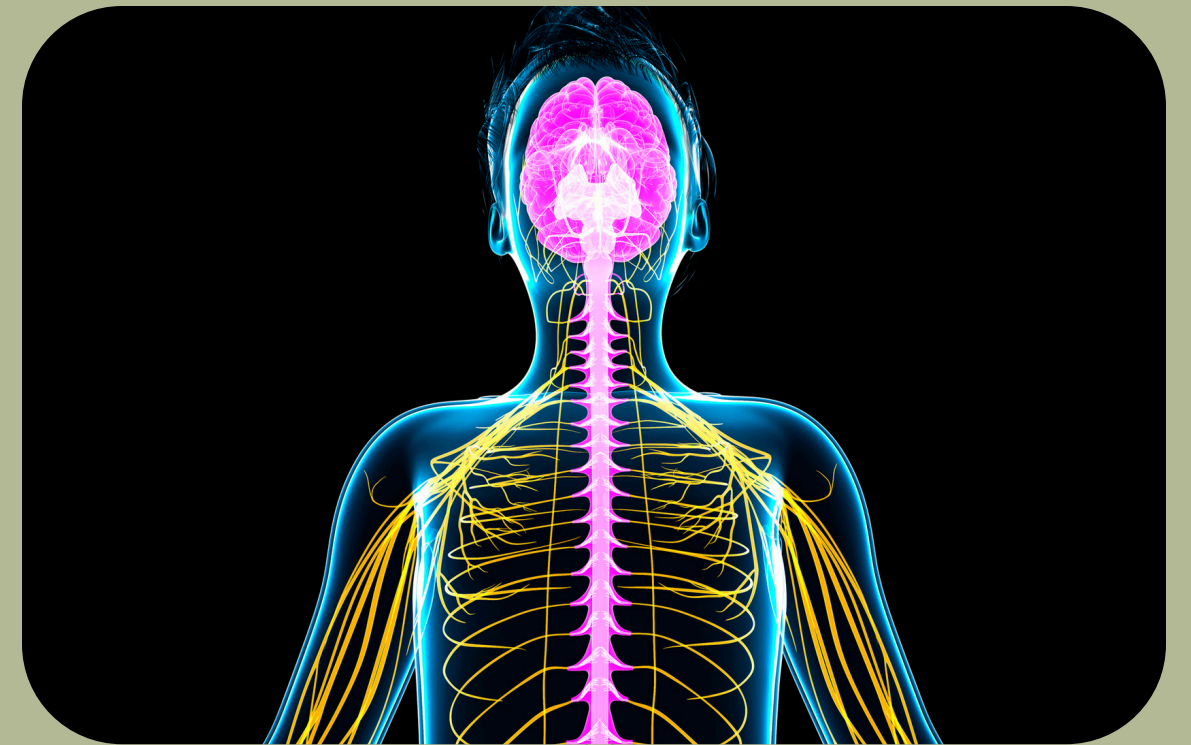
## Sympathetic System

Activates the body's **fight or flight** response.



## Parasympathetic System

Promotes **rest and relaxation** for recovery.



## Vagus Nerve

Connects the brain to the **body's organs**, influencing emotions.



# What We Will Do Today

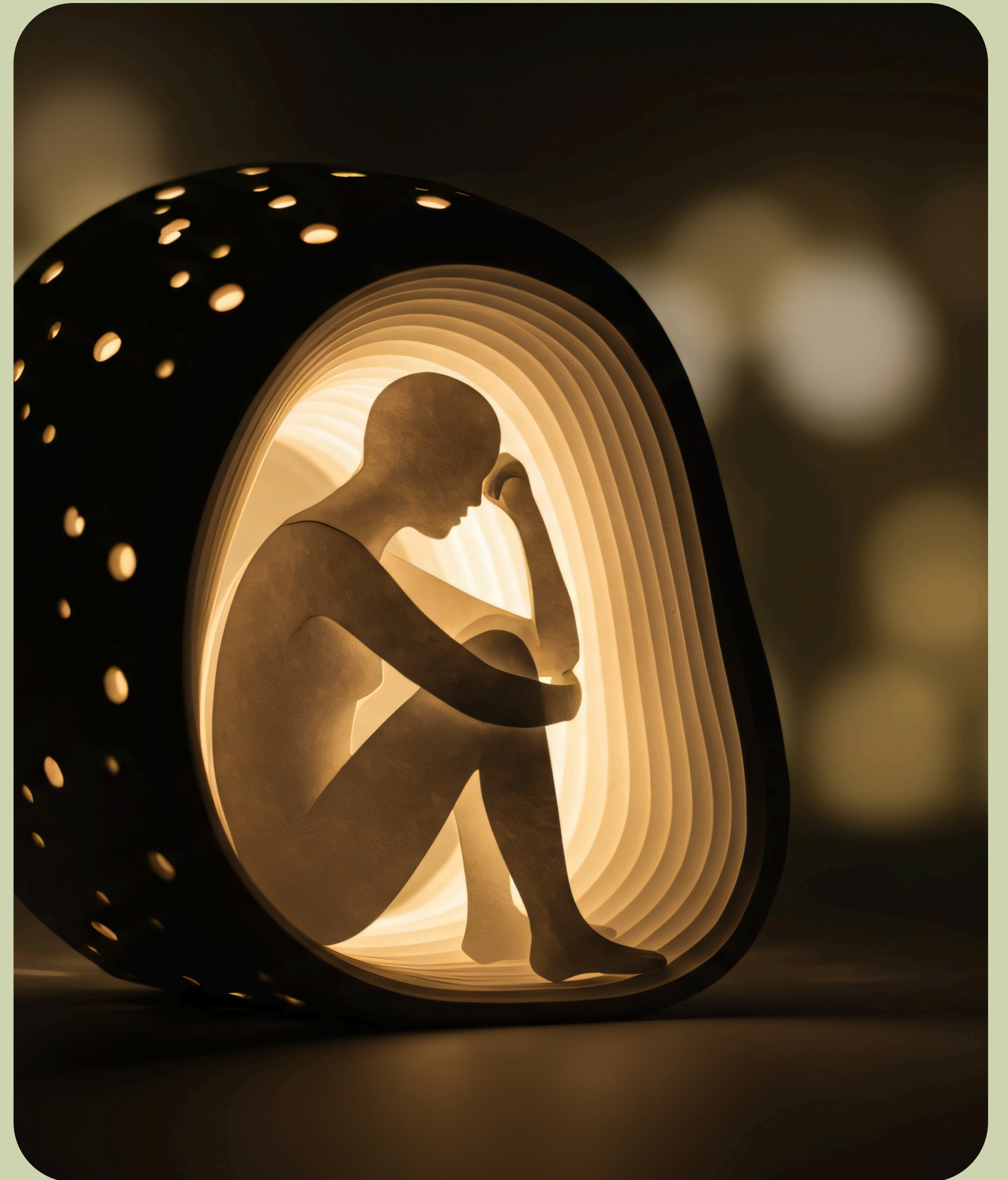
**Today, we'll pay attention to your inner sensations— what your body is telling you in the present moment.**

**We are not forcing anything.**

**We are simply noticing and allowing your body to guide us.**

**You don't need to do anything 'right.**

**✨ You just need to notice. ✨**



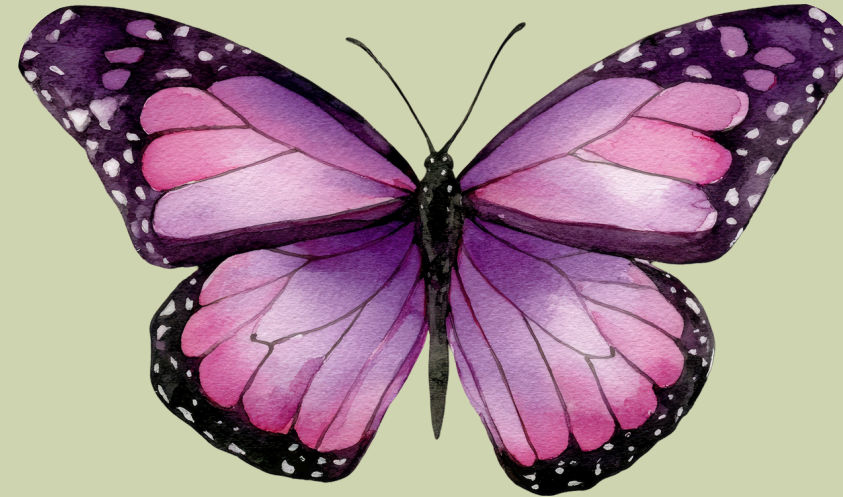


# S I B A M



## Sensation

These are physical feelings in your body.



## Imagery

Sometimes sensations come with images or impressions.



## Behavior

This includes small physical impulses or movements.



## Affect

These are emotions or moods that come with the sensation.



## Meaning

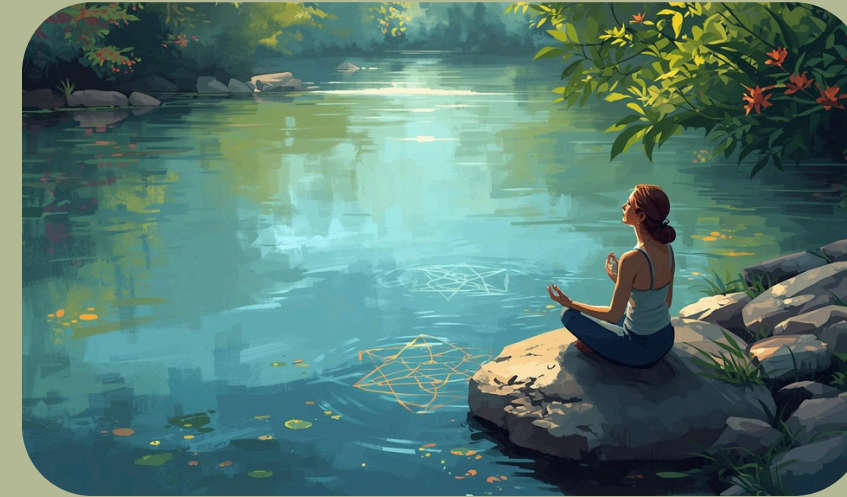
This is what it feels like the experience 'means' to you.





## GROUNDING

**Connect with the earth** for stability and balance.



## BREATHWORK

**Harness your breath** to cultivate calm and focus.



## MOVEMENT

**Express yourself** through fluidity and grace.



## VISUALIZATION

**Picture your goals** to enhance clarity and focus.



## MEDITATION

**Cultivate inner peace** through deep stillness and reflection.



## MINDFULNESS

**Stay present** and aware in each moment.



# Reassurance



**You're completely safe.**

**You set the pace.**

**At any moment, you can tell me:  
what feels good,  
what feels too much,  
or if we need to pause.**

**There is no way to do this wrong.**

**We are simply listening to  
your body – together.**



**Whenever you're ready, let's begin by noticing where your body feels most comfortable or supported.**

**We'll start from there.**

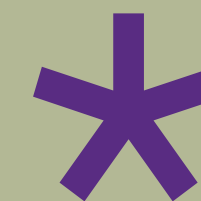
Transformation through Somatic  
Practices by Adriana Santillan







**Adriana Santillan**  
Somatic Experiencing®  
Intermediate student



**EMAIL**

selflovepilates@gmail.com

**SOCIAL MEDIA**

@selflovepilates

**PHONE**

778-363-6728