

What's Your Self-Expression & Movement Style?

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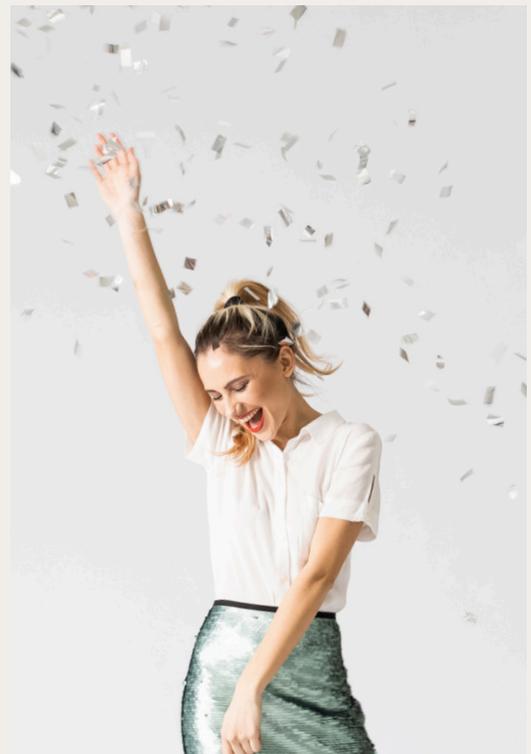
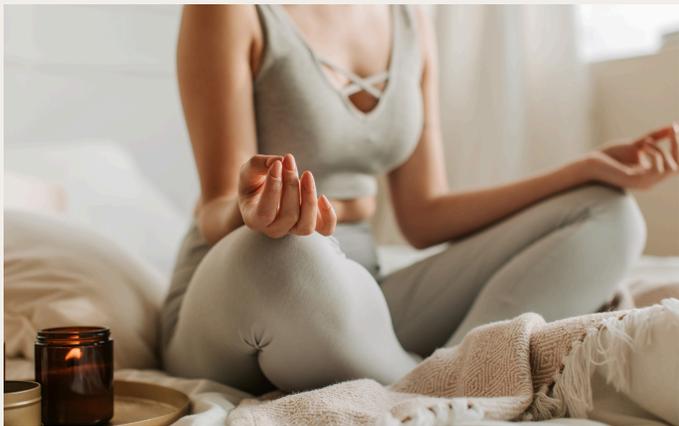


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Welcome to your personal discovery quiz

Understanding your level of mind-body awareness and movement preferences guides you in exploring practices that align with your unique interests and needs.



About Yoga & Modern Somatics

Yoga helps you connect to your body and breath, building strength, flexibility, and relaxation, restoring balance and bringing peace.

Modern somatics focus on embodiment, the experience of being fully present in your body and being aware of the sensations, emotions, and physical experiences that impact your life and well-being. Through movement, touch, and breathwork, a deeper awareness of the mind-body connection develops, fostering balance, helping process emotions, and bringing awareness to how day-to-day experiences show up in the body.

Creative expression offers an outlet to express yourself through free movement music, or writing.

QUESTIONS? REACH OUT.

HELLO@POSSIBLEBYDESIGN.COM

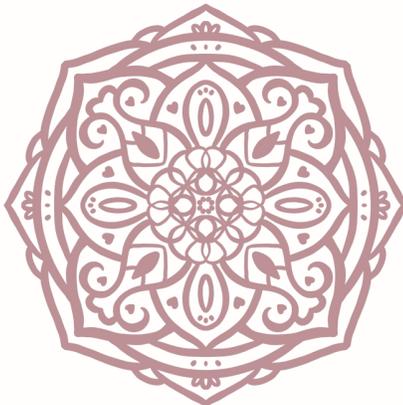


QUIZ



1. HOW DO YOU TYPICALLY FEEL AFTER A LONG, STRESSFUL DAY?

- A. Completely drained, I need time to rest and recharge in stillness
- B. Anxious and scattered, I need something to help me ground and center
- C. Heavy or tense in my body, I need a physical release or stretching
- D. A mix of emotions—sometimes I need to laugh, move, and express my feelings



2. WHICH OF THE FOLLOWING BEST DESCRIBES YOUR IDEAL APPROACH TO HEALING?

- A. Slow and steady, where I feel nurtured and gently guided through my healing process
- B. High-energy and dynamic, where I actively challenge myself to grow and release tension
- C. Deeply reflective and introspective, where I can process my emotions in a safe space
- D. Fun, creative, and lighthearted, where I can explore and release tension in an expressive way



3. WHEN IT COMES TO MOVEMENT, HOW DO YOU FEEL MOST CONNECTED TO YOUR BODY?

- A. Through stillness and deep stretching that helps me release tension and focus inward
- B. Through slow, mindful movements that connect me to my breath and heart.
- C. Through dynamic, rhythmic movements that release pent-up emotions
- D. Through spontaneous, expressive movements that allow me to feel free and playful



4. WHICH EMOTIONAL STATE DO YOU MOST COMMONLY EXPERIENCE?

- A. Overwhelmed and needing space to unwind and process
- B. Stressed, but unsure how to release it in a healthy way
- C. Restless or stuck, needing something to help me shift my energy
- D. Sad, joyful, or emotional—sometimes I just need to express how I feel



5. HOW DO YOU FEEL ABOUT INTEGRATING CREATIVITY (LIKE WRITING, ART, OR MUSIC) INTO YOUR JOURNEY?

- A. I love the idea of using creativity as a tool for deeper reflection and insight
- B. I'm open to it, but I've never really tried it as part of my healing process
- C. I would love to get more creative but often feel blocked or unsure how
- D. I enjoy creative expression but tend to only use it in non-healing contexts



6. HOW DO YOU TYPICALLY APPROACH PROBLEM-SOLVING OR PERSONAL GROWTH?

- A. I prefer a reflective, step-by-step approach, where I can slowly process and integrate
- B. I tend to jump in and experiment, learning as I go, through active involvement
- C. I like to explore my emotions first, through deep introspection, before taking action
- D. I prefer a more playful approach, where I can discover new solutions through creativity



7. HOW DO YOU WANT TO FEEL AFTER COMPLETING A SESSION OR PRACTICE?

- A. Calm, centered, and deeply relaxed
- B. Energized and clearer, ready to take on challenges
- C. Emotionally released, lighter, and more grounded
- D. Inspired, joyful, and creatively alive

TALLY YOUR RESPONSES

Record the total number of responses for each letter. For example, if you answered "A" for questions 1, 3, and 4, put "3" next to the letter A.

A: _____

B: _____

C: _____

D: _____

CONTINUE TO INTERPRET YOUR RESULTS

YOUR RESULTS

MOSTLY A's

Slow-paced.
Grounded.
Reflective.

You're someone who values calm and introspection in your healing journey.

You may find the most benefit from **yoga nidra, meditation, and energy-based practices, such as healing touch.** These practices offer deep reflection and paced integration of emotions over time.

You thrive in a space of **stillness, gentle guidance,** and a sense of **safety.**



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YOUR RESULTS

MOSTLY B's

Active.
Energized.
Goal-Oriented.



You approach healing with a desire for energy and results. You'd benefit from **modern somatic expression** that combines free-form movement and energetic release, or **dynamic yoga** practices that encourage flow and challenge. Mind-body exploration that helps you gain **clarity** and take **bold action** in your life would be ideal for you.

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YOUR RESULTS

MOSTLY C's

Emotional Release,
Depth,
Grounding.

You value deep emotional processing and are drawn to practices that allow you to uncover and release what's holding you back. **Somatic movement** and **practices such as yin yoga**, would be perfect for you. These practices combine physical movement, stretching, and emotional release, offering deeper **connection** with your emotions and body.



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YOUR RESULTS



MOSTLY D's

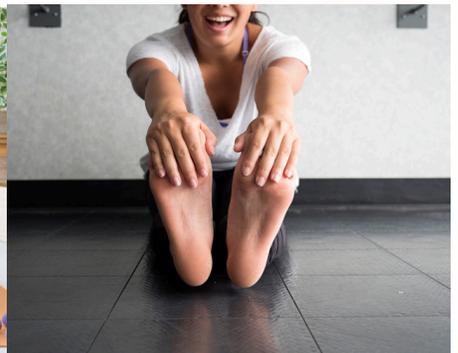
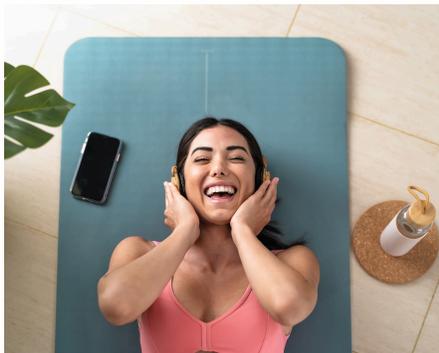
Creative,
Expressive,
Playful.

You thrive in environments that encourage creativity and spontaneous expression. You'll enjoy free-form **somatic expression** and classes that blend expressive arts, such as music, writing, and improvisation.

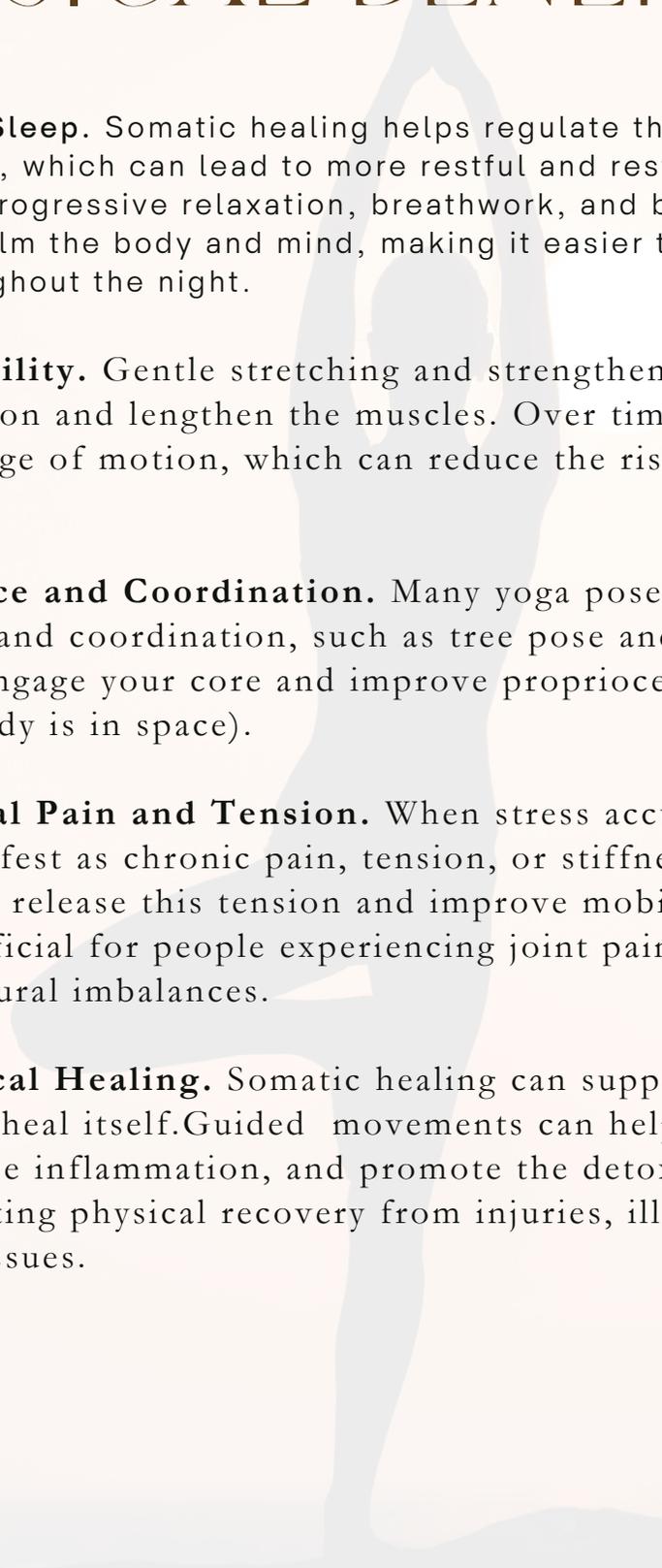
Incorporating **play and creativity** will help you break through creative blocks and allow your inner voice to be heard.

Join a free class
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BENEFITS OF YOGA & SOMATIC EXPRESSION



PHYSICAL BENEFITS



Promotes Better Sleep. Somatic healing helps regulate the nervous system and reduce stress, which can lead to more restful and restorative sleep. Techniques like progressive relaxation, breathwork, and body-centered meditation can calm the body and mind, making it easier to fall asleep and stay asleep throughout the night.

Improves Flexibility. Gentle stretching and strengthening postures help release tension and lengthen the muscles. Over time, yoga helps improve your range of motion, which can reduce the risk of injury and improve posture.

Improves Balance and Coordination. Many yoga poses challenge your sense of balance and coordination, such as tree pose and warrior III. These postures engage your core and improve proprioception (awareness of where your body is in space).

Reduces Physical Pain and Tension. When stress accumulates in the body, it can manifest as chronic pain, tension, or stiffness. Somatic practices work to release this tension and improve mobility. This is particularly beneficial for people experiencing joint pain, muscle stiffness, or postural imbalances.

Promotes Physical Healing. Somatic healing can support the body's natural ability to heal itself. Guided movements can help improve circulation, reduce inflammation, and promote the detoxification process, accelerating physical recovery from injuries, illness, or long-standing health issues.

WELL-BEING

Supports Emotional Healing. Practices, such as yoga and modern somatics, nurture emotional well-being. By bringing awareness to the body and releasing physical tension, somatic healing helps to process stored emotions and let go. Regular practice can lead to emotional healing, greater self-compassion, and an overall sense of well-being.

Improves Emotional Regulation. Somatic healing helps you tune into your emotions and bodily sensations, leading to greater emotional awareness and regulation. By learning to recognize and release emotional blockages, you develop healthier ways to manage your feelings, reducing emotional overwhelm and fostering emotional balance.

Releases Emotional Blocks and Limiting Beliefs. Many emotional blocks and limiting beliefs are held in the body, often manifesting as tension, pain, or discomfort. Through somatic practices, you can uncover and release these stuck emotions, clearing the way for personal growth and transformation. This can lead to a newfound sense of freedom and empowerment.

Enhances Stress Resilience. Some yoga practices activate your parasympathetic nervous system, which is responsible for calming your body after stress. This helps you develop greater resilience to daily stressors. Over time, you will experience a reduction in overall stress levels and find it easier to return to a state of balance.

Creates Lasting Positive Change. Healing arts and somatic expression create lasting transformation by tapping into the subconscious mind and deep emotional layers. When practiced consistently, these tools enable you to rewrite old patterns, shift limiting beliefs, and create new pathways for personal growth.

SELF-EXPRESSION & EMPOWERMENT

Cultivate Creative Flow and Self-Expression. Reconnect with your creativity. Whether through dance, writing, or art, these practices allow you to explore new ways to express your emotions and ideas. This free-flowing creative energy can feel liberating.

Empower Yourself and Reclaim Your Voice. Somatic practices are a form of empowerment that help you rediscover your authentic self. As you explore creative expression you become more comfortable expressing your genuine thoughts and feelings without self-censoring. This sense of empowerment reaches all areas of your life.

Enhance Self-Awareness. Somatic healing encourages deep introspection and self-awareness. By focusing on the physical sensations in your body, you can gain valuable insights into your thoughts, behaviors, and emotional triggers. This heightened awareness allows you to make conscious choices and break free from unhealthy patterns.

Boosts Mental Clarity and Focus. Through mindful movement and meditation, yoga encourages present-moment awareness, helping you clear mental clutter and sharpen your focus. This mental clarity improves decision-making, creativity, and productivity—both on and off the mat.

Increases Mind-Body Connection. Somatic healing emphasizes the connection between the mind and body. Through practices like body scanning, yoga, and somatic expression, you develop a deeper awareness of your body's sensations, allowing you to better understand its needs and signals.

START YOUR JOURNEY

WORKSHOPS & CLASSES

MEMBERSHIPS

GROUP PROGRAMS

PRIVATE SESSIONS

FREE MEDITATION & REST PRACTICES

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