

SOMATIC INTEGRATION



EMPOWERMENT AND TRANSFORMATION

Dear Friends,

After a traumatic bike accident and a near-death experience in February 2018, I reluctantly closed my Georgetown Wellness studio and embarked on a five-year journey to restore and renew my own well-being. It brings me immense joy to introduce you to this unique somatic bodywork, a practice I've been refining since 2001.

The Essence of Somatic Integration

Somatic comes from the Greek word, *soma*, which means *body*. Many somatic healers state that the body can be thought of as the warehouse for our emotional

memories. Both the conscious mind and the subconscious realms reside in our bodies, where we often 'feel' the mind's activity. The American psychologist, Louis Cozolino explains, *what the mind forgets the body remembers in the form of fear, pain, stress and physical illness*. Somatic integration is a method for bringing awareness to the body, transmuting areas of pain or discomfort, and connecting with one's innate wisdom. For this reason, many therapists recommend somatic work as an integral part of the healing process.

What can you expect during a session with me? Imagine an empowering blend of soothing bodywork, mindful wisdom, and energy renewal held in a loving and sacred space. Drawing on my training in traditional massage therapy, somatic energy therapy, acupressure, meditation, compassion, and visualization, I craft a personalized experience tailored to your immediate needs and long-term aspirations. Somatic integration allows for a deeply compassionate encounter as your body aligns its energetic, emotional, mental, spiritual, and physical systems.

Spiritual Care and Transformation

Each session is unique and tailored to your individual needs, whether it's a rejuvenating full-body experience or a targeted approach focused on a specific area or intention. Beginning with a heart-to-heart conversation, this check-in creates a nurturing container and informs the healing arc for your session. Drawing on 30+ years of buddhist training coupled with my more recent study and exploration of plant medicine healing, my mission is to support you in identifying within the body, the thought patterns, habits, and behaviors, that propel your evolution and growth so that you can unwind and connect with you, your most authentic self.

I use only naturally crafted organic massage creams and essential oils, sound healing, and flower essences to enhance the transformative experience.

Ready to embark on your transformational journey? Booking a session is effortless.

You can visit my Calendly link at

<https://calendly.com/zanna-yardas-somatic-integration/90min> for full session.

<https://calendly.com/zanna-yardas-somatic-integration/somatic-integration-consult> 30 minute call to learn more.

Text Zanna at 530.559.5841 for a call back only.

JUST ANNOUNCED: Join me on an adventure in [ETHIOPIA](#) September 2024.



TESTIMONIALS:

VOICES OF TRANSFORMATION

"I don't even know how to express how much I appreciate your work with me yesterday.

The experience felt so strengthening, and I feel like I'm not alone on this journey."

A. G.

"I woke up feeling energized and something has shifted/cleared energetically. It's very

noticeable. So I'm not sure what you did, but it seems to have had a positive effect! Thank

you, and I look forward to working with you again."

Caroline W., Washington DC

"Thank you for taking such good care of me. I left your place feeling lighter and more

whole and connected."

Chris M., Washington DC

"I slept so well last night. Thank you again for all of your healing energy to help keep me

on a healthy path both inside and out."

Michelle M., Washington DC

Zanna has extensive experience in the health and wellness arena, massage/bodywork therapy, energy work. Zanna worked intensively and consistently with me for over twenty years providing massage and related therapies. During this time, she played key roles at different stages in my journey from a career as a computer science professional, a person actively raising children and sending them to college, and then

moving into old age. Zanna was crucial in helping me find the way to new approaches to life, crucial in my recovering from serious injuries, recognizing and healing significant health issues before they took hold. The results of Zanna's work were always excellent, and I am grateful that she went to great lengths to make that possible. Her knowledge of physiology and kinesiology is exceptional, with a very keen understanding of body energy and its manifestations. I am thankful to have benefitted tremendously from many years receiving Zanna's help and work.

E.P. Great Falls, VA

RELEASE THE GRIP & RECLAIM YOUR POWER

I look forward to connecting with you.

Blessings,

Zanna

Scheduling:

<https://calendly.com/zanna-yardas-somatic-integration/90min>

- Text: 530.559.5841 - Signal App
<https://apps.apple.com/us/app/signal-private-messenger/id87413966>
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RESOURCES: Energetic Body and Healing

[HTTPS://UPLIFT.LOVE/THE-ART-OF-ENERGETIC-WELLNESS/](https://UPLIFT.LOVE/THE-ART-OF-ENERGETIC-WELLNESS/)

[HTTPS://WWW.NIH.GOV/SITES/DEFAULT/FILES/HEALTH-INFO/WELLNESS-TOOL
KITS/EMOTIONAL-WELLNESS-CHECKLIST-2022-7.PDF](https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist-2022-7.pdf)



About Zanna

Suzannah "Zanna" Zuckerman Yardas, LMT

Somatic Integration, Energetic Practitioner, and Wellness Coach

As a somatic and energetic practitioner, Zanna's life goals are to foster a world where people naturally partner with and support each other in accessing the vibrant health and growth potential that we each possess. As we aim towards our potential together, we become the strongest and best versions of ourselves. Our world needs this now more than ever before. Zanna is honored to be a practitioner who has devoted her passions, skills, and creativity to supporting the optimal wellness of the planet and her inhabitants. Read [Zanna's full bio](#).

After graduating from Colorado College with a Bachelor of Arts in Anthropology, Zanna applied the skills she acquired as an ethnographer, and began to study eastern religions from the western [householder](#) perspective. She dove headfirst into contemplative meditations, discovering a richness of her inner world and learned effective tools for managing her struggle with a generalized anxiety disorder. Eventually, she learned that

meditation, self-love, and compassion practices could be applied and used in multiple ways that would bring lasting benefit for most who tried.

Zanna met her life partner, David Yargas, in San Francisco, CA, in 1994 and they married in 1995. Longing for a simpler life, in 2000 Zanna and David moved their family of five to a small mountain town near Lake Tahoe, CA. Upon this move, Zanna became certified in massage therapy and started her first healing business, Lotus Sage. Addressing her client's physical ailments, she quickly recognized that many of their issues held a deeper component residing in their emotional and energetic systems. To best help her clients, Zanna began training with Stephan Barr, L.Ac, who taught her methods for how to work with the body's five systems (Physical, Emotional, Mental, Energetic, and Spiritual). Soon she began to teach her clients these methods for aligning these systems within their bodies. These tools and practices for aligning the five systems are what Zanna teaches and uses today.

In 2009, Zanna and her family moved from the mountains of California to the Washington DC area. This was a necessary move in order to serve the diverse needs of their three children and family. Here, Zanna completed a 750 hour licensure program at Potomac Massage Training Institute, and opened Georgetown Wellness, a healing studio in DC. She was forced to close this studio following a traumatic bike accident and [NDE](#) in 2018. Thankfully, six months into her recovery, she was hired by the [Field School](#) as their Main Office Manager and Community Wellness coach. After a five year stint at The Field School, and with encouragement of family, friends and clients, Zanna has fully committed to her Somatic Integration and Energetics practice. She works with individuals, and she partners with several licensed therapists and practitioners, who together offer a rich combination of somatic and energetic therapy, plant medicine exploration, and emotion-focused integration.

In March 2024 she graduated from the [VITAL](#) 12 month training program in facilitating psychedelic ceremonies for individuals and groups. She is available to teach groups her unique set of healing tools as well as curate safe and nurturing somatic passages for individuals. Coaching people on accessing and working with their inner healer is the prime aim of her practice.

In addition to somatic and energy work, Zanna enjoys preparing delicious meals for friends and family, gardening, singing, playing golf (a new sport since 2020), hiking, skiing, painting, and spending heart time with friends and family.

