

Links to Online Resources, Workshops, Group and Individual Somatic Healing

- [Atlas of Emotions](#)- Ekman's interactive map to build emotional vocabulary and awareness
- [Wheel of Awareness Practice](#)- Dr. Daniel Siegel's guided practices to build awareness
- [Rooted Global Village](#)- Bi-cultural online learning space exploring liberation through embodiment
- [Resmaa Menakem's Somatic Abolitionism Workshops](#)- All body Somatic Abolitionism work
- [Rachel Joy Somatics](#)- MN Based; White Body Anti-Racism Cohort Study Groups and 1:1 somatic work