

## DOES THIS SOUND LIKE YOU?

- You struggle with depression.
- You have a "quick fuse" or over-react.
- You feel emotionally frozen and physically dead.
- You have little sense of purpose or meaning in life.
- You have difficulty maintaining long-term personal relationships.
- You experience little pleasure or joy in life.
- You let other people overwhelm or push you around in many ways.
- You are shy and uncomfortable in many social situations.
- You find it difficult to express your feelings and thoughts.

*"The truth about my childhood is stored up in my body, and although I can repress it, I can never alter it... Some day my body will present its bill, for it is incorruptible as a child who, still whole in spirit, will accept no compromises or excuses, and it will not stop reminding me until I stop evading my truth."*

- Alice Miller

## CONTACT

### Neural Somatic Integration® (NSI)

Sessions and workshops / trainings are based on the latest in neuro-biology and breakthrough methods for achieving quick and lasting results.

#### Sessions

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#### Workshops / Trainings

For information about workshop and trainings: please contact:

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#### Session fee:

125 dollars / per 60 minutes.  
Rates are adjustable.  
Gift Certificates are available



## Neural Somatic Integration®(NSI)

ORGANIC TRAUMA HEALING

**Safety**

**Proximity**

**Touch**

**Bonding**

 **ARTHUR MUNYER**  
FREIBURG, GERMANY

**Safety**

**Proximity**

**Touch**

**Bonding**

**OPPORTUNITY**

### NSI Practitioners



#### Arthur Munyer

After 40 years of somatic integrative studies and practices, Arthur Munyer has developed:

#### **Neural Somatic Integration® (NSI)**

Arthur is an Esalen® Advanced Certified Bodyworker and a Somatic Experiencing® Practitioner. His work is drawn from his life experience as a

practitioner and teacher of various bodywork and trauma release disciplines. He currently teaches workshops / trainings in NSI® and gives private therapy sessions in Europe, South America, the United States, and Bali.

#### **What Is Neural Somatic Integration®?**

**Neural Somatic Integration®:** a breakthrough approach to mind-body healing that combines body-work with the latest understandings of human neurobiology.

Neural Somatic Integration®(NSI) goes beyond traditional body-work approaches to address the underlying neural networks that are responsible for the symptoms associated with trauma. Through intuitive instinctual touch that allows the body-worker to "tune in" to the neural signals of the client, NSI bypasses superficial and symptomatic manifestations of trauma and works directly with the body's own healing wisdom to release and repair damaged or constricted neural structures. Postural changes, release of stored trauma, increased flexibility, and diminished or eliminated pain are immediate results of this work.

**"Nature is our teacher and our body is our wisdom"**

*-Arthur Munyer*



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*"With NSI, I learned to embrace life. I am deeply touched by this respectful work and our incredible potential for self healing"*



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*"For me NSI is to "listen" to the language and wisdom of my body in a respectful way. To arrive in the "here and now" – full of vitality."*



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*"Through NSI I experienced that I can trust the wisdom of the body. NSI is to me the way from the head to the heart."*



#### Robert Weston

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*"NSI introduced me to my body as the starting place for healing my mind, body and spirit. Its integration of neuroscience, Gestalt, psychotherapy, "body work," and play has brought about profound and lasting change in me. I am grateful for what Arthur Munyer has developed out of his lifetime of healing work. And I am privileged to be part of bringing NSI to others."*

### NSI can help you learn to:

- Activate that part of your nervous system that enables and sustains emotional attachment.
- Connect with others in meaningful ways.
- Establish physical, emotional, mental and spiritual safety for yourself and others.
- Shift your mood by tapping into unused neural circuits.
- Release debilitating trauma
- Improve your physical and emotional balance.
- Get past habitual defensive mechanisms that block growth and healing.
- Communicate in ways that maintain connection and lead to understanding even when there is conflict or different viewpoints.
- Work through difficult issues with significant others.
- Process painful feelings quickly and definitively.
- Get the support you need to feel comfortable and confident.
- Tune in to your body in order to maintain your emotional and physical health.

*"Trauma is an internal straitjacket created when a devastating moment is frozen in time. It stifles the unfolding of being, strangling our attempts to move forward with our lives. It disconnects us from ourselves, others, nature and spirit. When people are overwhelmed by threat, we are frozen in fear."*

*-Dr. Peter Levine*