



The mind/body program that complements healing, wellness, and creativity

What is Starfish Body&Soul?

Starfish Body&Soul is a holistic workout designed as a therapeutic tool for trauma survivors and people recovering from depression, addiction, and grief. Through movement, spoken affirmations, writing, and meditation, participants can find joy, strength and hope. Combining verbal and physical expression deepens the healing impact.

What's different about Starfish?

Starfish classes provide a safe, light-hearted, gentle environment where people can experience connection with their bodies, use their voices, and find comfort in community.

The Starfish curriculum is organized by recovery themes, each lasting 6-8 weeks. Themes include: "Facing Fear," "Living in the Present," "Boundaries," "Reconnecting with the World," and "Accepting Feelings." All aspects of class—words, choreography, music, writing exercises, images, and meditation—incorporate the theme.

Does it work for any fitness level?

Yes. The moves can be adapted for any level; no previous exercise experience is needed. We encourage participants to engage at whatever level of activity they are comfortable, helping to restore self-acceptance and a sense of control.

How can Starfish Body&Soul be integrated into your program?

- We work with you to develop a curriculum tailored to your client population and your agency's needs.
- Your agency can offer weekly Starfish classes for your clients, on or off agency premises.
- Classes can be linked with a clinician-led group therapy session immediately following the workout and meditation. At that time, participants tend to feel connected, aware, and eager to share.
- We offer half-day, full-day, and multi-day workshops that include additional modalities such as art, drama, YogaDance, relaxation and self-massage techniques, and outdoor experiential activities.

What are the benefits?

Starfish participants report many benefits, including:

Emotional/Behavioral

- improved mood and more light-heartedness
- increased self-confidence
- increased hope and belief in capacity to heal
- greater awareness and acceptance of emotions
- improved body image and new body memories
- reduction/cessation of self-harming behaviors
- decreased anxiety and panic
- improved focus and concentration
- more playfulness, increased energy
- greater ability/willingness to advocate for self
- greater ease in social situations; less isolation
- increased ability to stay present; less dissociation
- adoption of recovery tools such as affirmations, journaling, visualization and meditation

Physical

- improved stamina, strength, balance, flexibility, coordination, and muscle tone

Why is it called Starfish?

Starfish are famous for their ability to regenerate limbs. If a starfish loses an arm or casts off a limb to a predator, it can grow a new one and slowly regain its full form. Starfish are a beautiful model of resilience and healing.