



Body Smart Kids Somatic Coaching

Helping children feel safe in their bodies,
regulate their emotions, and thrive.

APPROVED EMA DIRECT PAY PROVIDER



What is Somatic Coaching?

Somatic coaching is a body-based approach to healing and growth that focuses on how your nervous system and physical sensations shape your thoughts, emotions, and behaviors.

Instead of only talking through challenges, it helps children tune into their bodies, build awareness, and shift patterns at the root.

What We Help Children Develop

- Emotional Regulation
- Nervous System Regulation
- Body Awareness
- Learning Readiness
- Social Skills
- Confidence
- Focus & Attention
- Stress Management

Our Services



Individual Coaching

Personal somatic support for
your child's unique needs



Parent Collaboration

We partner with parents to
create consistency and support



Virtual & In-Person Sessions

Sessions available virtually
nationwide or in-person in
Central Florida.



Ages

5–17 years old
EMA Eligibility only for
Florida residents.

Why Families Choose The Mindful Prof

- ✓ Trauma-sensitive, depth-oriented approach that meets children where they are.
- ✓ Evidence-informed practices from somatic experiencing, hakomi, IFS, yoga therapy, and mindfulness.
- ✓ Focus on real-life tools children can use to regulate, connect, and succeed.
- ✓ Compassionate, individualized care in a safe, supportive space.



BOOK A FREE DISCOVERY
CALL TO LEARN MORE.

EMA Direct Pay Provider

Eligible Florida families can use approved scholarship funds through the Education Marketplace for direct payment of somatic coaching services with The Mindful Prof.

