

somatic

 (*so-mat-ic*)

Definition

adj. Relating to the body, especially as distinct from the mind.

Example Sentence

Yoga is a practice that enhances **somatic** awareness and well-being.

More Example Sentences

The doctor focused on the **somatic** symptoms presented by the patient.

Synonyms

bodily; physical; corporeal

Antonyms

mental; psychological; spiritual

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