



A DAILY SOMATIC ROUTINE

BENEFITS

- A daily somatic routine reinforces the progress you achieved during your one-on-one session.
- Your daily movements are the key to long-term pain relief and efficient movement.
- Your daily routine will enable you to manage chronic stress, relieve aches and pains, improve balance, and improve your movement and posture. It took you years of repetitive habitual movements to create the body you live in today, so it will take consistency and patience in your somatic movements to make lasting changes for improvement.
- It is ideal to perform your somatic movements twice daily, specifically before sleep and upon waking. The movements can be done in bed, although you get more support and feedback on a harder surface.

PURPOSE

It is important to remember the purpose of your somatic movements is to:

- **RELEASE** muscle tension. Only perform as many repetitions as you need to feel tension release. It only takes 3 repetitions to change the way in which your brain is controlling your muscles, so do a minimum of 3 of each movement. This is not exercise.
- Create greater **AWARENESS**. Your primary task is to focus your attention on your internal sensations of the movements.
- Move **SLOWLY**. The slower you move the more you perceive. The more you perceive, the more you can change.
- Move gently and with as little effort as possible. Do not stretch or strain.

REDUCE TENSION INSTANTLY

Think of these movements as a pain killer. As soon as you start to feel stiffness, take a few minutes to perform some of your favorite somatic movements seated or lying to begin to release tension and address your discomfort immediately, rather than waiting until the end of the day when the tension has turned into pain.

**BE PATIENT. BE POSITIVE.
BE PERSISTENT.**