

HOW TO BENEFIT MOST FROM YOUR SOMATIC MOVEMENTS

When practicing somatic movements your primary task is to focus your attention on the internal sensations of the movements.

BE COMFORTABLE.

Perform the movements on a hard surface, lying on a mat, blanket, or rug. Wear comfortable and loose fitting clothing. For best results, perform your somatic movements twice daily, first thing in the morning and before bed is ideal.



BE FULLY PRESENT.

Perform the movements with your eyes closed in a quiet place, away from distractions and noise such as television, music, phone, or loud talking.

MOVE SLOWLY, GENTLY & WITH MINIMAL EFFORT.

The slower you move, the more you perceive. Moving with minimal effort means moving only to your natural stopping point and then slowly releasing from that point. Each subsequent movement will become easier when keeping to this rule.



BREATHE.

Coordinate your movement with your breath. Muscle tension and holding your breath often go hand-in hand, especially when bracing yourself or trying to protect a part of your body after injury.

NO PAIN.

Somatic movements are not painful. If you feel pain while performing a movement, do less, make the movement in a smaller range and move slower with your next movement. If any level of movement causes pain, visualize yourself doing the movement a few times, then try again.

BE CURIOUS.

Use a beginner's mind while with each movement and allow yourself time to breathe between each repetition. This practice is about developing internal AWARENESS and RELEASING muscle tension. If you feel tension or stretching during a movement, do less so that the movement is more comfortable.

REST & RELAX

Remember to completely relax after every repetition. When you completely relax, you allow your brain an opportunity to absorb sensory feedback from your muscles and fully experience the sensation of relaxation.