

HOW DO THESE MOVEMENT RELEASE CHRONICALLY TENSE MUSCLES?

The Somatic movements directly address sensory motor amnesia - when muscles temporarily forget their full range of movement (ROM) which could be as a result of

- Not using our full range of movement regularly
- Trauma including surgery
- Poor posture
- Sedentary lifestyle
- Overuse
- Compensation patterns

SOMATIC MOVEMENT FLOWS® ENGAGE YOUR BRAIN!

Somatic movements differ from other exercises by bringing the brain back into our movements through consciously contracting, releasing and lengthening shortened muscles in the body. The brain controls the movement of our muscles; by re-building the muscle-brain connection, we can re-educate our muscles back to their resting length improving posture and relieving pain created by habitually contracted muscles.

THESE ARE REMEDIAL MOVEMENTS, NOT EXERCISES!

These therapeutic movements are designed to be done slowly and gently, in a quiet space rather than while watching tv! During the class, give yourself time and peace to explore where you feel tension, sensing what could be contributing to chronic, habitual muscle shortening.

Enjoy taking time to start listening to the messages that your body has been trying to give you – the headaches – are they because your neck, shoulders and/or jaw is tight and tense?

Definition: Somatics is an awareness of your body from the inside out.

Do the movements smoothly and slowly, using your brain to guide your muscles back to being relaxed through improving your sensory and motor control.

These gentle, yet powerful routines, are also known as neuromuscular repatterning, as they engage the brain and help reset your muscles to their

natural resting position, allowing you to release built up, stuck stress and muscular tension.