

## Somatics Home Practice

	Starting Position	Action	Notes
Somatic Scan	Lying on your back on the ground (this is a baseline perception of neutral, so if you are comfortable without a blanket under head at this point then don't use one.)	Allowing yourself to settle; Notice how your soma (body) is feeling; How are you making contact with the ground? Where is there ease and where is there not?	Establish a baseline perception of where and how you are starting
Arch & Flatten	Lying on ground, knees bent, soles of the feet on the mat, hip width distance apart (constructive rest)	Inhale to arch lower back away from the ground, exhale to flatten (tail tucks under). Continue to arch and then flatten	As smooth as possible, feel into the muscles working as you arch, releasing as you flatten
Side Lying - Propella	Lying on Side (blanket under head for pillow if required). Knees bent in lines with hips. Arms directly out in front of shoulders.	Starting to draw a semi circle over head with top arm.. Pausing when in line with nose and reaching the top leg back on the opposite diagonal, continue the semi circle overhead with the arm and let the top leg reach forward as you do (you will be working on the diagonal, like a "human propeller".)	
Back Lift 1	Lying on tummy now, head turned to the left, left elbow bent out to the side, thumb in line with the nose. Right arm resting alongside the body on the ground (Sometimes a washcloth under the cheek will be more comfortable)	On the inhale little excursion of upper body away from the mat (elbow and hand stay on the ground), on the exhale slowly releasing back down to the floor. (have a moment of melt after each one).  Repeat other side (Take a moment to rest the forehead on stacked hands for some time in neutral between each side)	Try not to rotate from the neck too much.
Wash Cloth Twist	Lying on ground, knees bent, feet flat on the ground hip width distance apart (constructive rest). Arms outstretched at shoulder height.	Let the knees make a journey over to the right as you turn and gaze over left shoulder at up turned palm. As the knees come over to the left turn and gaze over right shoulder at an upturned palm. Continue side to side	As smooth as possible.. Letting your soma really enjoy this one.

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Somatic Scan	Lie on back as you did in your first somatic scan	Check in against your baseline perception from the start of the practice. Simply notice what you notice.	
Savasana	Bolster under the knees if you need	And just breathe and be :-)	

### **Principles of Somatics**

- Establish a kinaesthetic baseline. You can't change what you don't feel
- Decrease speed to increase awareness
- Smooth out any jerks, bumps, stutters and hesitations
- Pandiculate - don't stretch
- Completely relax at the end of each exercise
- Leave time to integrate in between; So that the brain can press 'save' on the computer
- Lengthen twice as long as you contract
- Repeat / change the order / keep it fresh for the brain