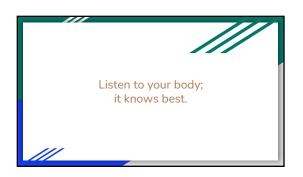


DISCLAIMER:

Somatic Movement can offer natural health benefits, but it's important to acknowledge that individual conditions or past injuries might lead to new or aggravated injuries for some.

As a participant, you agree to waive any claims against the organizers, practitioners, and assistants, and take full responsibility for any risks or injuries. This agreement applies to all aspects of the workshop, and it remains valid even after the workshop ends.

By continuing you confirm that you understand and accept these terms willingly, without coercion, and acknowledge that you're giving up any future legal claims related to the workshop.



Enter in the CHAT: Where are you located? Focuses on somatic sequences designed to

>release tension related to back pain
>shoulder and neck tension
>stiff hips
>leg length discrepancy
>aches and pains
>and more

Focuses on

>Pain Relief

>Tension reduction

>Trauma release

>Motion restoration
by slowing down the nervous system to relax into a
state which enhances your body's self healing
abilities.

What to expect: Movements are gentle and at the pace of each individual One minute of anger weakens the immune system for 4 to 5 hours.

One minute of laughter boosts the immune system for 24 hours.

We will learn how to
>use new tools and techniques to manage stress, relax and release bodily tension
>expand and discover your own personal movement patterns and habits
>expand your toolbox of strategies to alleviate and manage chronic pain or discomfort through movement and awareness, as well as enhance what you may have already been able to access
> take an active role in your own well-being through mindful movement practices



In the Chat:
As an interpreter (or just for yourself)
how can you benefit from practicing
somatic movement?



In somatic practice, movement is medicine. Breathing Exercise 1

https://www.youtube.com/watch?v=g
LbK0o9Bk7Q&list=WL&index=79&t=
1s

Breathing Exercise 2
<a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a>
<a href="https://www.youtube.com/watch?">v=n6RbW2LtdFs</a>



We will learn how to

-use new tools and techniques to manage stress, relax and release bodily
tension

-expand and discover your own personal movement patterns and habits

-expand your toolbox of strategies to alleviate and manage chronic pain or
discomfort through movement and awareness, as well as enhance what you
may have already been able to access

- take an active role in your own well-being through mindful movement
practices

What do you need?

>A little bit of time
>A little bit of space
>no equipment or workout clothes needed

Designed to be done in your home or work office space



Move with awareness; feel with intention.

>Rubber inner tube at waist, filling with air, squeezing you then all the air goes out suddenly. What would that feel like?

>Weights on end of fingers at same time helium balloons on shoulders What would that feel like? >What if gravity in the room increased by 10%; 20%, what would that feel like? Now 50%, 100%. Now gravity is leaving, becoming less and less – like the moon. What would that feel like?

sit or stand

>Walk/imagine out into ocean your feet in the soft sand under the water, body rocks like kelp in the waves. What would that feel like?

