

# Basic Seated Sequence - Works great standing, too.

## Back



### Whoa, Nellie!

Close back ribs to bring shoulder blades and back pockets to center of arch.

## Front



### Get Away from the Thumbs

Close front ribs to bring bow-tie toward belt buckle. Feel small. Breath in as you open.

## Sides



### I Dream of Jeannie

Side accordion closes to bring arm pit toward side belt loop.

## Rotation / Twist



### The Kayaker

Back diagonal closes to bring shoulder to opposite back pocket. Front diagonal closes.

#### Advanced tips:

Make the closing the exhale. Claim the opening lines as easy breathing space.

Make it a gentle, soft yawning-like sensation. Use a pleasurable effort.

Contract the stiff places, close them. Can the movements be completely intentional?



**Eric Cooper Somatics Seated Sequence on YouTube:**