

Everything All At Once Relax Sequence

A very advanced de-escalation lesson to teach your nervous system.

Can you coordinate the evenness of the opening line?

Look Deeper.

Venture to see the opening spaces more carefully, with more precision.

Where is it not opening, not moving?

Apply a more valuable lesson to the specifically stuck places
so those stuck places learn to open as part of the whole.

Apply a deeper level of control to have a longer lasting learning.

What's the specific place, in the specific moment,
that needs to begin to open?

- 1) Pick a movement you know well.
- 2) Make the contraction. See the closed line.
- 3) Begin to open *very* slowly.
- 4) As soon as you see the first place that is opening, pause.
- 5) Begin to open another part of the line that wasn't opening.
- 6) As soon as you see that place opening, pause.
- 7) Can you always be opening the place that was not moving?
- 8) Can everything open all at once?

I developed this during my personal practice time in the week of giving my first workshop for Somatics professionals, in August 2023. Thanks to Natalie, Suzanne, and Lisa for inspiring me to look deeper.