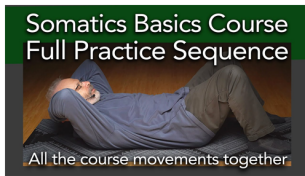


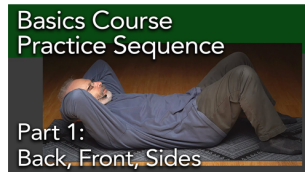
Multi-Movement Practice Sequences

P.1

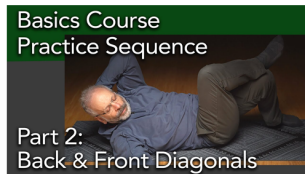
Clear your whole body. Give it some slack. Help it recover. Practice often.



Basic Somatics Course Full Practice Sequence Part 1 + Part 2
21m:20s The entire sequence from my Free Somatics Course
Includes: Whoa, Nellie! for the back
Elbows to the Sky for the front Breathing assessment of the sides
The Side Bend, side 1 & 2 Yawn Your Wings side 1 & 2
Sunset + X of the Front side 1 & 2 <https://youtu.be/jfiKPWLT11w>



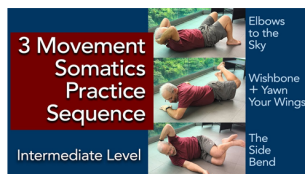
Practice Somatics Sequence from my Free Basic Somatics Course Part 1 (of 2) | Back, Front, Sides 11m:46s
Breathing Space Assessment Whoa, Nellie! for the back
Elbows to the Sky for the front, The Side Bend, for the sides
https://youtu.be/3djY_Banmh8



Practice Somatics Sequence from my Free Basic Somatics Course Part 2 of 2 | Diagonals 11m:39s
Breathing Space Assessment, Yawn Your Wings sides 1 & 2,
Sunrise, Sunset + X of the Front sides 1 & 2
Observations after the practice <https://youtu.be/YN73Li5LJzs>



Basic Slow 3 Movement Sequence 26m:27s
Slow and Careful Whoa, Nellie!, Side Bend both sides,
Elbows to the Sky
(Once you know this, you can easily shorten it's duration,
maybe not so slow, to make it about 5-8 minutes of practice.)
If any part requires forcing or straining,
go back to some basics so it is easy. <https://youtu.be/nQWs5IKHUNA>



Quick Intermediate 3 Movement Practice Sequence to Feel Great
6m:09s I typically practice something like this before bed.
This is still my basic/minimal personal practice.
Elbows to the Sky, Side Bend, Wishbone + Yawn Your Wings
from Costa Rica 2022 <https://youtu.be/zVxbHgZvsuo>



Basic Somatics Miracle SEQUENCE | Enhance Flexibility, Release Tension, Body Freedom 23m:33s
Move toward full-body liberation. This video targets the front, sides,
back, and incorporates gentle twisting movements.
Elbows to the Sky, Side Bend, the Wishbone the Four Leaf Clover,
Sunrise, Sunset + the X of the Front
Feel the power of a Somatics practice. Learn this, and practice often.
<https://youtu.be/uzF6cdm5aMo>



You can free yourself.

(Lesser?) Multi-Movement Practice Sequences P.2

Clear your whole body. Give it some slack. Help it recover. Practice often.



Lazy Rainy Saturday Basic Practice Sequence 2022 9m:05s
6 movements for the major lines of the whole body.
Elbows to the Sky, The Metronome, The Wishbone, The Side Bend, X of the Front + Sunrise, Sunset, Unsit
<https://youtu.be/bvM2JCJe4As>



Break the Rules - Dynamic Whole Body Somatics Sequence for Flexibility and Stress Relief 12m:29s
Take a creative approach to pandiculation and break the rules of traditional Somatics. Join me for a dynamic whole-body movement sequence that explores front, back, sides, and rotation, with a focus on creativity and making it your own.
Side Bend, Propeller, Simple Propeller, Elbows to the Sky, The Four Leaf Clover, Whoa Nellie! https://youtu.be/KdcaUXybf_c



Easier Version of Letting it go, pre-run-walk Somatics sequence by the pool, in Costa Rica - Easier Version 12m:00s
Easy Version Edit. Movements in this sequence: Elbows to the Sky, briefly The Rocking Chair, The Four Leaf Clover, The X of the Front, The Side Bend, The Simple Propeller, The Wishbone.
<https://youtu.be/vNkeTNXkiM>



Advanced version of Letting it go, pre-run-walk Somatics sequence by the pool, in Costa Rica with a more difficult movement for the groin at the end 12m:00s
Elbows to the Sky, The Four Leaf Clover, The X of the Front, The Side Bend, The Wishbone, Simple Propeller, Amplified groin opener. https://youtu.be/Ms_bFTxs1pc



Un-Twist, an Intermediate Practice Sequence 24m:56s
Pandiculation to get unstuck from twist and rotation.
The first 4m:28s has a 'good enough' twisting assessment.
Can you gently breathe into the twisting space?
Side Bend, Teacup, X of the Front + Sunrise, Sunset, Angel Wing
https://youtu.be/EdzH2aJH_Rw



You can free yourself.