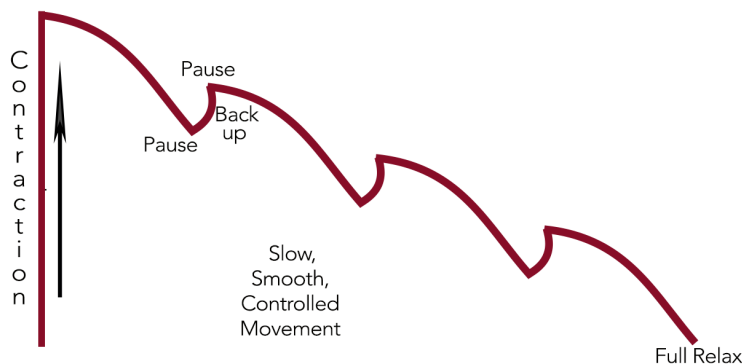


Fine-tuning Pandiculation to overcome Sensory-Motor Amnesia. Teach your system more effectively

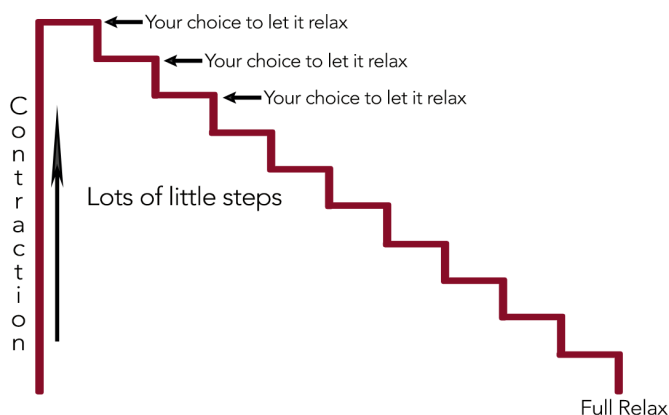
The Saw-tooth

- If it's hard to feel the area of contraction



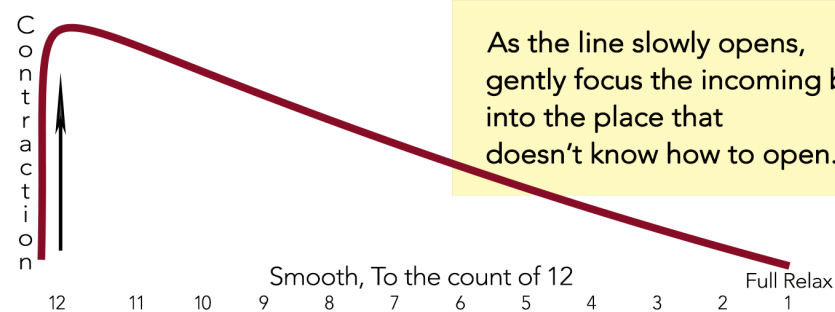
Descending the Staircase

- If it's hard to control
- If it's skippy and jerky



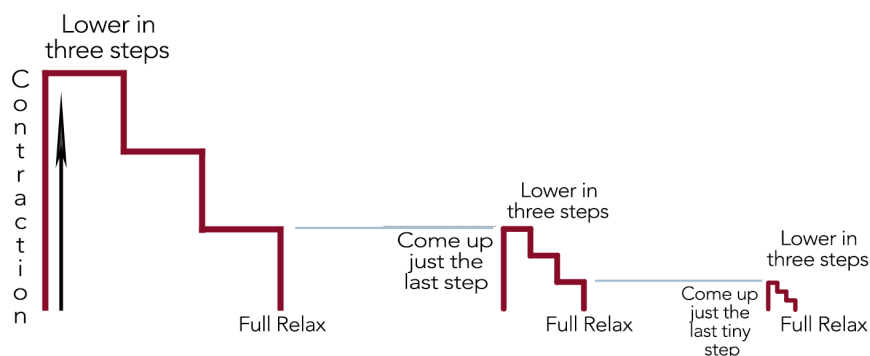
The Countdown

- Is it smooth?
- Sloooooow it down to perfect your control
- Optimize how you teach yourself



The Fractal

- If you often find yourself over-efforting in your pandiculations



Learn to pandiculate at all different effort levels

Regain full control of your musculature. Become an expert at relaxing.