

Three steps down, One step back

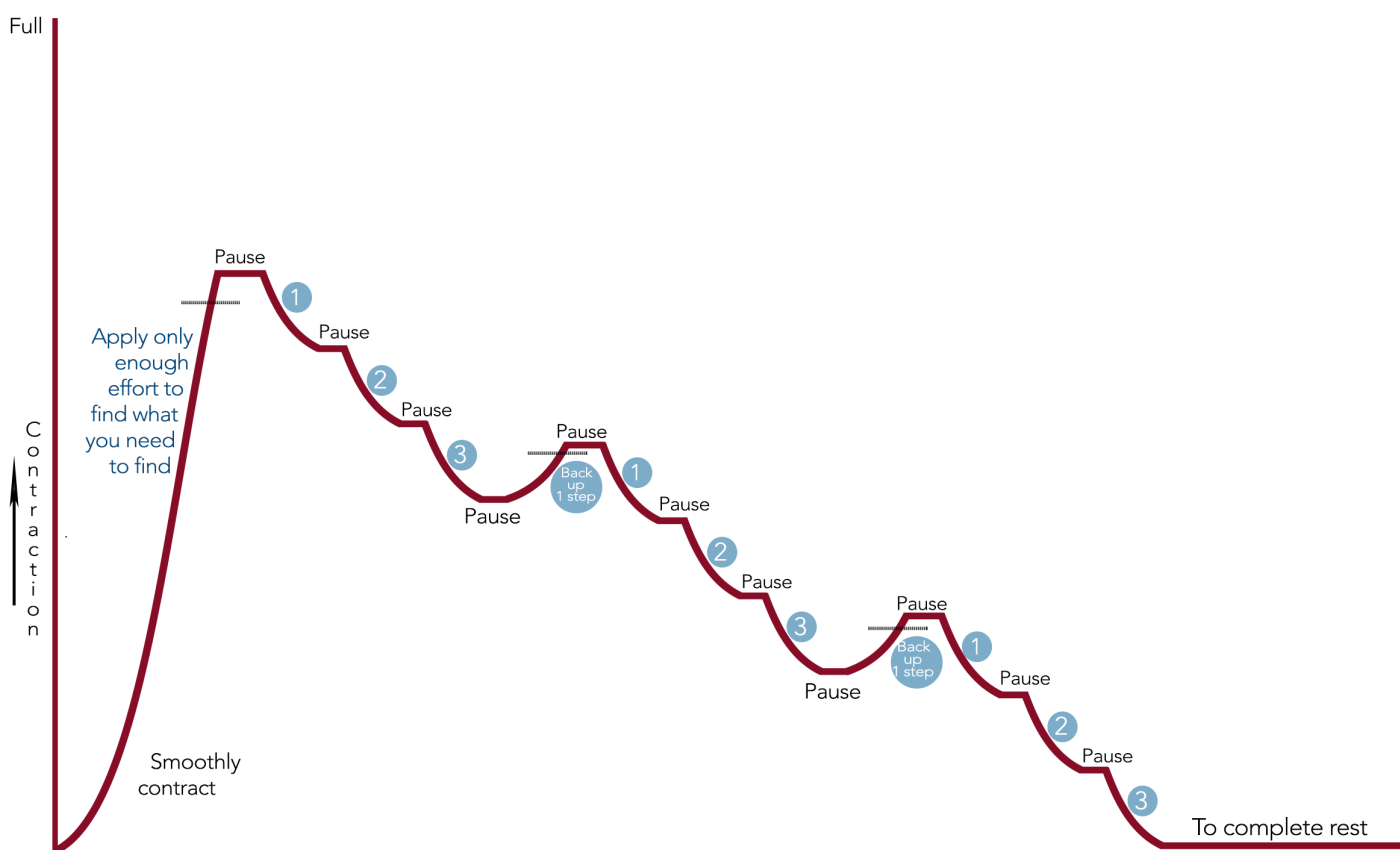
A pandiculation modulation that allows you to make a change.

Without your guidance, your nervous system will normalize tension levels.

Your tension patterns can run automatically outside your awareness.

Teach your brain to be more perceptive of lower tensions.

How do you teach your brain to be more fluent in its control through the full continuum of effort?



Slow, smooth, controlled movement, all the way.

Try as many cycles of three down, one back, as you need.