



Clinical Somatics Exercises for Full Body Relief

Level One & Level Two Summary

EXERCISES

1. Arch & Flatten
2. Back Lift
3. Arch & Curl
4. Side Curl
5. One-sided Arch & Curl
6. Iliopsoas Release
7. Hip Slides & Hip Raises
8. Diagonal Arch & Curl
9. Washcloth
10. Hip Circles
11. Hip Rotation
12. Flowering Arch & Curl
13. Inversion & Eversion
14. Pelvic Clock
15. Head Lifts
16. Lower Back Release
17. Proprioceptive Exercise 1: Seated Arch & Flatten
18. Scapula Scoops Part 1
19. Scapula Scoops Part 2
20. Big X
21. Proprioceptive Exercise 2: Raising hips side to side
22. Hamstring Release
- 23a. Quad Release 1
- 23b. Quad Release 2
24. Gluteal Release
25. Diagonal Curl
26. ITB Release
27. Proprioceptive Exercise 3: Standing bending side to side
28. Shoulder Directions
29. Shoulder, Elbow & Wrist Releases
30. Steeple Movement
31. Seated Twist
32. Proprioceptive Exercise 4: Standing shifting rib cage
33. Calf Release
34. Standing Hamstring Release
35. Hip Directions
36. Seated Hamstring Release
37. Foot Exercises
38. Head & Knee Lifts
39. Face & Jaw Exercises
40. Breathing Exercises

DAILY PRACTICE CLASSES

Daily Practice Class 1: Arch & Flatten, Back Lift, Arch & Curl (20 minutes)

Daily Practice Class 2: Side Curl, One-sided Arch & Curl, Iliopsoas Release (20 minutes)

Daily Practice Class 3: Hip Slides & Hip Raises, Diagonal Arch & Curl, Washcloth (19 minutes)

Daily Practice Class 4: Hip Circles, Hip Rotation, Flowering Arch & Curl (20 minutes)

Daily Practice Class 5: Arch & Flatten, Pelvic Clock, Head Lifts, Lower Back Release, Proprioceptive Exercise 1 (35 minutes)

Daily Practice Class 6: Arch & Flatten, Scapula Scoops Parts 1 & 2, Big X, Proprioceptive Exercise 2 (35 minutes)

Daily Practice Class 7 V1: Arch & Flatten, Hamstring Release, Quad Release 1, Gluteal Release (32 minutes)

Daily Practice Class 7 V2: Arch & Flatten, Hamstring Release, Quad Release 2, Gluteal Release (29 minutes)

Daily Practice Class 8: Arch & Flatten, Diagonal Curl, Iliotibial Band Release, Proprioceptive Exercise 3: Standing bending side to side (27 minutes)

Daily Practice Class 9: Arch & Flatten, Shoulder Directions, Shoulder, Elbow & Wrist Releases (46 minutes)

Daily Practice Class 10: Arch & Flatten, Steeple Movement, Seated Twist, Proprioceptive Exercise 4: Standing shifting rib cage (34 minutes)

Daily Practice Class 11: Calf Release, Standing Hamstring Release, Hip Directions, Seated Hamstring Release, Foot Exercises (39 minutes)

Daily Practice Class 12: Arch & Flatten, Head & Knee Lifts, Face & Jaw Exercises, Breathing Exercises (36 minutes)

LONG CLASSES

Level One Daily Practice Class: Arch & Flatten, Back Lift, Side Curl, Arch & Curl, One-sided Arch & Curl, Hip Slides, Hip Raises, Hip Circles, Diagonal Arch & Curl, Washcloth, Hip Rotation, Flowering Arch & Curl, Iliopsoas Release (52 minutes)

Eliminate Back Pain: Arch & Flatten, Back Lift, Arch & Flatten with knees to chest, Arch & Curl, Iliopsoas Release (60 minutes)

Full Body Pain Relief & Relaxation: Arch & Flatten, Back Lift, Side Curl, Diagonal Curl, Iliotibial Band Release, Washcloth, Hip Rotation, Arch & Curl, Iliopsoas Release, Seated Hamstring Release (44 minutes)

Get Perfect Posture: Arch & Flatten, One-sided Arch & Curl, Diagonal Arch & Curl, Head & Knee Lifts, Arch & Curl, Flowering Arch & Curl (60 minutes)

Hips, Knees, & Leg Muscles: Arch & Flatten, Side Curl, Diagonal Curl, Iliotibial Band Release, Hip Rotation, Hip Slides, Hip Raises, Iliopsoas Release, Hamstring Release, Big X, Seated Hamstring Release (72 minutes)

Plantar Fasciitis: Calf Release, Standing Hamstring Release, Arch & Flatten, Side Curl, Diagonal Curl, Iliotibial Band Release, Hip Rotation, Hamstring Release, Iliopsoas Release, Seated Hamstring Release, Foot Exercises (53 minutes)

Releasing the Neck & Shoulders: Arch & Flatten, Arch & Curl, Shoulder Directions, Scapula Scoops, Big X (77 minutes)

Relieve TMJ Pain: Arch & Flatten, Arch & Curl, Head Lifts, Head & Knee Lifts, Scapula Scoops, Washcloth, Face & Jaw Exercises (75 minutes)

Sciatica Pain Relief: Arch & Flatten, Back Lift, Diagonal Arch & Curl, Hip Rotation, Gluteal Release, Iliopsoas Release, Hamstring Release (41 minutes)

Scoliosis: Arch & Flatten, Back Lift, Side Curl, Diagonal Curl, Iliotibial Band Release, Hip Slides, Hip Raises, Hip Circles, Scapula Scoops, Internal Rotator Release, Steeple Movement, Washcloth, Arch & Curl, Diagonal Arch & Curl, Iliopsoas Release, Big X (65 minutes)

Stress Relief & Relaxation: Arch & Flatten, Pelvic Clock, Hamstring Release, Hip Slides, Hip Raises, Hip Circles, Shoulder Releases, Breathing Exercises, Face & Jaw Releases (47 minutes)

Uneven Leg Length: Arch & Flatten, Back Lift, One-Sided Arch & Curl, Hip Slides, Hip Raises, Hip Rotation, Gluteal Release, Side Curl, Diagonal Curl, Iliotibial Band Release, Iliopsoas Release (34 minutes)

Please note: This class guides you through all of the exercises **only on one side. Start by practicing this class with your working side being the side on which your hip is higher.*