

# Clinical Somatics Exercises for Full Body Relief

## Level One Course 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. Hamstring Release

### **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, Hamstring Release (30 minutes)

**Level One Daily Practice Class:** Arch & Flatten, Back Lift, Hamstring Release, 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 (60 minutes)