



# 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. Hamstring Release
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. Inversion & Eversion
- 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, Hamstring Release (30 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, Quad Release 1, Gluteal Release, Inversion & Eversion (36 minutes)

**Daily Practice Class 7 V2:** Arch & Flatten, Quad Release 2, Gluteal Release, Inversion & Eversion (33 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, 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)

**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.*