

# GENTLE SOMATIC YOGA®

*Gentle Somatic Yoga® (GSY) may relieve stiffness in joints, aches and pains caused by wear and tear, poor posture, muscle tension and injury*

## **GENTLE THERAPEUTIC YOGA**

Using therapeutic corrective exercises called Somatic Movement Flows®, muscles are reprogrammed using minimal physical effort but lots of mental focus, to notice, release and relax areas holding onto chronic muscle tension. This can dramatically increase flexibility and range of movement through brain-to-muscle re-education

No previous experience of yoga is necessary to benefit from these slow, mindful movements. Learn how to release persistent stress-based patterns to treat your own tension headaches + more

## WHY THE FOCUS ON POSTURE IN A GENTLE SOMATIC YOGA CLASS?

Improving posture takes the strain off our muscles, fascia, ligaments, bones and joints. When muscles return to their natural resting state, we use the muscles and joints as designed, moving with less pain and restriction, feeling more comfortable in our everyday movements

Improved posture makes us look taller, slimmer, younger, feel more confident and energised; slumped posture can lead to low energy, poor digestion and shallow breathing. The positive effects such as increased range of movement can be instant but regular practice gives longer lasting benefits

## HOW DO I GET STARTED?

The best idea is to book into a private session with me when the focus is entirely on you and your unique health history, posture + more. We consider your physical, emotional, mental, energetic state and what you're looking to achieve.

If you're keen to improve your general health and wellbeing + take time out for yourself, I'd love to help you achieve your goals.

- A ONE-ON-ONE PRIVATE LESSON
- BOOK INTO MY EXTENDED CLASSES, HELD APPROXIMATELY MONTHLY

# GENTLE SOMATIC YOGA®

POSTURE TYPES	THE KNOCK-ON EFFECT
	<p><b>THE RED LIGHT REFLEX</b> Can cause shallow breathing, hip and knee pain, neck pain, TMJ issues, abdominal discomfort</p> <p>To relieve the effects of forward slumped posture, one GSY movement will be to gently exaggerate the contraction of the front body to highlight it to the brain, then consciously release the area, returning the muscle tone to neutral. This helps us stand more upright, taking the strain off our joints, muscles, ligaments and fascia, deepen our breathing and creates more space in the abdomen for our organs</p>
	<p><b>THE GREEN LIGHT REFLEX</b> To relieve the effect of this posture type, one of the movement flows softly tightens then releases the muscles of the lower back, relieving compression in the lumbar spine</p> <p>Exaggerated lumbar lordosis can be painful + may restrict movements such as bending forward. Severe exaggerated lordosis may cause herniated discs, hip and knee pain, back or neck pain, numbness or tingling that radiates into the legs and feet</p>
	<p><b>THE TRAUMA REFLEX</b> Can lead to one-sided pain or discomfort, sciatica, leg length discrepancy/one hip or shoulder higher than the other + scoliosis</p> <p>In class, we use movements to release tension through the waist, ribs and outer hip. A leg length discrepancy caused by poor posture creates unbalanced muscle strength and tension, potentially leading to bursitis and osteoarthritis of the hip, patella and back pain. In this condition, one leg looks and feels longer than the other, but is the same length when measured.</p> <p>When 'bad' posture becomes a habit and you sit or stand in the same position daily for months or years, your muscles compensate. Some muscles become shorter and tighter and pull the hip up, and the muscles attached to the lower hip become weaker, longer and looser</p> <p>Another way this can happen is if you stay in one position with one hip higher than the other for a long time.</p>

*I look forward to sharing sensational somatics with you!*