

How to set up a Practice space?

You will feel inspired to practice and explore these techniques after you have created a safe, warm, welcoming space, which reflects your commitment to changing your pain and improving functional movement in your body. Choose a room where you can lay out your mat and props in an organized way, and they welcome you each time you return.

Set up a small altar with items like flowers, a candle, special stones, pictures or elements that represent balance and flow to you. These items should inspire you to manifest the changes you want so that you can thrive in your life. Also keep the room warm, as your body temperature may drop as you explore these practices.

Avoid having any music or other sound distractions to give your brain the best chance at re-connecting with sensation in the body, re-igniting neuromuscular communication.

How Often to Practice?

Explore your practice daily and ideally from between 15-45 minutes at the start or end of your day. This work can trigger emotional release. This is ok. Trust and allow. If you experience soreness, then take a day of rest and return to your practice a day later.

What to Expect after when doing SomaYoga classes

Lots of shifts happen during SomaYoga classes. It is important that you pay attention and honour your body for the processes it is going through to allow for the best possible integration and lasting results. What is most important is that you are **gentle with yourself** during and after your class. Give yourself space and allow your body to process the session fully. Follow these guidelines to ensure the best outcome from your hard work.

Below is a list of things you may experience 24-48 hours after a SomaYoga class:

- 🌀 **Delayed Onset Muscle Soreness (DOMS):** Pandiculations release deeply held patterns of chronic holding in muscles and now that those muscles are contracting and releasing well and have been worked, they may be sore. Everyone is different. Just know that even after exploring small, simple movements you may experience soreness. The good news is that it will subside in a few days.

Self-Care: Take a warm Epsom Salt Bath with 2 cups of salt.

- 🌀 **Fatigue, Swollen Glands, Headaches:** Somatic Neuromuscular Re-education is as much brain work, as body work. Releasing broad scale patterns that your body has been displaying for a long time, can leave you feeling very fatigued. This is perfectly normal. Also, moving your body in new ways means that you are moving lymphatic fluid that cleanses toxins in the body. This may result in flu-like symptoms. This will pass in a few days.

Self-Care: Drink lots of fresh water & Take a warm Epsom Salt Bath with 2 cups of salt to prevent this.

- **Emotional responses:** Remember that our lives show up in our bodies, so as you release long held patterns and traumas, it is possible to experience emotional responses such as anger, frustration, joy, freedom, or disconnect. Trust that this is arising for a reason and simply allow these emotions to arise. Witness them and without judgement set them free.

Self-Care: Offering your body and nervous system support in a restful pose, focussing on long, slow, smooth exhalations.

i.e., listening to a Guided Yoga Nidra Practice or taking a stroll in nature

Movement Reintegration

Keep in mind that your muscles are now more functional (contracting and releasing better and over a longer range). Keep in mind that they are vulnerable to stress and strain at this time. Ease back into movement that is appropriate for you.

1. **AVOID** - doing big, fast, high load, weighted or strained activities for at least 48 hours after your first few classes. This includes heavy lifting, big workouts, deep stretching, running or a long drive in the car. If you jump right back into your old patterns, you may just jump right back into your patterns of pain.
2. **MOVE SLOWLY AND MINDFULLY** -. *Walking* is the best way for your body to integrate this work.
3. **PAY ATTENTION** - The days after your first few classes pay attention to the changes in your body. Practice sensing and feeling.
4. **DO NOT MOVE IN PAIN** – Avoid moving in ways or doing activities that increase your tension or pain.
5. **ENJOY** - the space, freedom and ease you are beginning to create in your body.