

Session 1:

Orientation to the Magic of Somatics

Who is This Program For?

The Magic of Somatics is for people who want to improve their freedom of movement and their physical comfort. It is for people who suffer the pains and stiffness of aging, for athletes who want to boost their peak physical performance, and for people who have had injuries and have pain that has never gone away.

The Magic of Somatics teaches exotic movement patterns called “The Somatic Transformations”, which produce lasting improvements in how you move and how you feel.

It is appropriate for people with long-standing chronic, rather than recent acute injuries. If you have had a recent injury, get the advice of your physician before beginning any regimen of physical conditioning. Show this program to your physician and to your physical therapist, if you are under their care, for their considered and intelligent evaluation.

What to Expect

Generally, you can expect decreases of chronic pain and increases in freedom of movement. You can expect improvements in flexibility, strength, coordination, balance, posture and appearance. You’ll feel better and look better. Your energy level is likely to increase. In fact, expect to discover that you have more strength and speed from your usual amount of effort.

More than that, your stress level will decrease. You’ll get improvements in your ability to notice details, in your patience, in your ability to see how things connect and relate, in your ability to correct your own actions, and in your problem-solving ability in life in general.

The results you get will largely reflect how well you convert words into actions. Your first performances of these somatic transformations are likely to be approximations of the instructions; you may find, at times, that what you think you are doing and what you are actually doing are two different things! With practice, you will find you can do the movements more exactly as instructed and get quicker improvements.

The Somatic Transformations are safe to do, provided you do them gently and with consideration for your comfort. Regulate your effort to be within the range of sensations you are willing to experience. The most common mistake people make is to use too much effort, which sometimes leads to cramping. If you get a cramp, use less effort and lend more attention to what you are feeling. Soon, you will no longer tend to cramp.