

## **Somatic Yoga Exercises PDF**

### **Warm-Up Exercises**

#### **1. Somatic Breathing Techniques**

- Sit comfortably with your spine straight.
- Close your eyes and take a deep breath in through your nose, expanding your abdomen.
- Exhale slowly through your mouth.
- Repeat for 5-10 breaths, focusing on the sensation of your breath.

#### **2. Gentle Neck Stretches**

- Slowly tilt your head to the right, bringing your ear towards your shoulder.
- Hold for a few breaths, then return to the center.
- Repeat on the left side.



### **Core Somatic Yoga Exercises**

#### **1. Somatic Breathing Techniques**

1. Sit comfortably with your spine straight.
2. Close your eyes and take a deep breath in through your nose, expanding your abdomen.
3. Exhale slowly through your mouth.
4. Repeat for 5-10 breaths, focusing on the sensation of your breath.



## 2. Somatic Cat-Cow Stretch

**Description:** This exercise involves gentle spinal movements that help to release tension and improve flexibility.

**Benefits:** Increases spinal flexibility, improves posture, and relieves back pain.

1. Start on your hands and knees, with your wrists directly under your shoulders and knees under your hips.
2. Inhale as you arch your back, lifting your head and tailbone towards the ceiling (Cow Pose).
3. Exhale as you round your spine, tucking your chin to your chest and tailbone under (Cat Pose).
4. Repeat for 5-10 breaths, moving slowly and mindfully.



## 3. Somatic Spinal Twist

1. Sit comfortably with your legs crossed.
2. Place your right hand on your left knee and your left hand behind you.
3. Inhale as you lengthen your spine.
4. Exhale as you gently twist to the left, looking over your left shoulder.
5. Hold for a few breaths, then return to the center.
6. Repeat on the other side.



## 4. Somatic Side Bend

**Description:** A lateral stretch that helps to open up the sides of the body and improve flexibility.

**Benefits:** Increases flexibility in the spine and ribcage, improves posture, and relieves tension in the sides.

### Steps:

1. Sit comfortably with your legs crossed.
2. Place your right hand on the floor beside you.
3. Inhale as you lift your left arm overhead.
4. Exhale as you gently bend to the right, feeling a stretch along your left side.
5. Hold for a few breaths, then return to the center.
6. Repeat on the other side.



## 5. Somatic Pelvic Tilt

1. Lie on your back with your knees bent and feet flat on the floor.
2. Inhale as you arch your lower back, lifting your pelvis slightly off the floor.
3. Exhale as you flatten your lower back, pressing your pelvis into the floor.
4. Repeat for 5-10 breaths, moving slowly and mindfully.



## 6. Somatic Shoulder Release

**Description:** A gentle exercise that helps to release tension in the shoulders and upper back.

**Benefits:** Relieves shoulder tension, improves posture, and enhances upper body mobility.

**Steps:**

1. Sit comfortably with your spine straight.
2. Inhale as you lift your shoulders towards your ears.
3. Exhale as you roll your shoulders back and down.
4. Repeat for 5-10 breaths, moving slowly and mindfully.



## 7. Somatic Hip Circles

**Description:** A circular movement that helps to release tension in the hips and improve hip flexibility.

**Benefits:** Increases hip flexibility, improves circulation, and relieves hip tension.

**Steps:**

1. Stand with your feet hip-width apart.
2. Place your hands on your hips.
3. Slowly make circular movements with your hips, moving in one direction for a few breaths.
4. Reverse the direction and repeat.



## 8. Somatic Leg Raise

**Description:** A gentle exercise that helps to improve leg strength and flexibility.

**Benefits:** Enhances leg strength, improves flexibility, and relieves leg tension.

**Steps:**

1. Lie on your back with your legs extended.
2. Inhale as you lift one leg towards the ceiling, keeping it straight.
3. Exhale as you lower it back down.
4. Repeat for 5-10 breaths on each leg.



## 9. Somatic Arm Circles

**Description:** A circular movement that helps to release tension in the arms and shoulders.

**Benefits:** Improves shoulder mobility, enhances upper body strength, and relieves arm tension.

1. Stand with your feet hip-width apart.
2. Extend your arms out to the sides at shoulder height.
3. Make small circular movements with your arms, moving in one direction for a few breaths.
4. Reverse the direction and repeat.



## 10. Somatic Relaxation Pose

**Description:** A final relaxation pose that helps to integrate the benefits of the practice and promote deep relaxation.

**Benefits:** Promotes deep relaxation, reduces stress, and enhances overall well-being.

### Steps:

1. Lie on your back with your legs extended and arms by your sides.
2. Close your eyes and take a few deep breaths.
3. Allow your body to relax completely, letting go of any tension.
4. Stay in this pose for 5-10 minutes.

