

Bodywork With J

Body Practices



General guidance: if doing something makes pain worse or creates pain, stop; try something else. We have a big toy box. If the pain is a "hurts so good" pain, monitor it, breathe into it, don't force it, see if it becomes easier; it's ok if it doesn't.

To Begin

Wiggling/Shaking (arms, legs, torso) and rolling joints (feet, knees, hips, shoulders, wrists, neck) and swinging arms -- just those small movements can allow for more space in the body and support the body in "holding things differently, allowing things to flow through."

Pay attention to joints and stuck/hardened fascia as areas that can retain tension and trauma.

Even if someone is coming in for breathwork, if their energy is really high, it might not be the time to get slow and still, so then we might move/wiggle out first.

If wiggling isn't your thing try 5 minutes of light cardio like walking or dancing around the house/stairs, jumping jacks or just bouncing or jogging in place.

Short Stretching, Myofascial Release & Massage Practices

You can do these individually or as a sequence to do a full body-check in.

Connecting with Lower Body: Connect into your mid and lower body and feet: seated or standing, feet grounded, let your whole upper body hang towards your feet without the intention of touching your toes, try out holding opposite elbows.

Opening Upper Body:

- Shoulder shrugs
- Neck stretching (chin over shoulder, ear to shoulder, chin tuck, figure 8's) -- add hands to chest for myofascial stretch
- Cat/Cow (can be done standing, seated)
- Rows
- Side stretch with hand on back of head or overhead
- Doorway stretches with arms at 180 and 90 degrees

Connecting Full Body: Cross Body Arm Swings with Foot Turns

Rolling Out the Muscles:

Roll a ball around your pecs, along sternum and collarbones, along your side body into the armpit, along your arms, legs, hands and feet. You can also try out a foam roller. For areas that are difficult to roll on, consider using a rolling pin or the ball on top! Don't forget you can lean into the ball or put it under your body if that's easier!

Extra Focus on Shoulder Blades:

- Lie or lean on a tennis ball, lacrosse ball, massage ball, or two socks rolled into a ball -- place the ball between your inner shoulder blade and spine and move your arm around in all directions if you want.
- Lie or lean on a rolled towel or foam roller running the length of your spine and let your arms slowly drop at 180 or 90 degrees.

Extra Focus on Hands and Wrists:

- Full palm and finger extension (spread) and contraction (squeeze fists and then roll wrists) and shake out
- Gently pulling fingertips back towards face (arm extended out, fingertips towards ceiling)
- Gently pulling fingertips back towards face (arm extended out, fingertips towards floor)

Attention to Face/Head/Neck Jaw:

- Circles into sides and back of neck and head/scalp
- Sweep out from eyebrows into scalp
- Let fingertips sink into the sides of face/head, on either sides of ears, let them glide all the way down and off jaw, letting your mouth open, tongue soften. Keep your elbows and shoulders as loose/dropped as possible; let gravity help.
- Circles in and around jaw's connection into ears and neck
- Earlobe squeezes and pulls

Short Somatic (Body) Grounding Practices

Arm Squeezes and Sweeps

Hand Squeezes and Finger Pulls

Leg Squeezes and Sweeps

Tapping on Self with Palms and Fingers

Somatic Hug

R hand under L armpit, L hand on outside of R shoulder. On YouTube, search for Treating Trauma: 2 Ways to Help Clients Feel Safe, with Peter Levine for a demo plus incorporation of some of the following.

Hand Placements:

- Both Hands on Sternum, optional circle movements
- Both Hands on Belly, optional clock-wise sun & moon strokes (overlapping circles) or holds
- Hands Face-Down (Ground) or Face-Up (Call Energy In/Back) on Thighs
- 1 Hand on Belly, 1 on Pec, maybe heart
- 1 Hand on Forehead, 1 on Sternum

