

The Breath Process

As previously explored, breath is a core principle adopted throughout somatic practice, offering space and relaxation to participants. The below process takes influence from Williamson (2020) and James (2020) who have published specific somatic processes that incorporate the awareness of breath. My process is as follows:

- *Find a comfortable position, sitting or lying and begin with your eyes closed if you wish. If eyes closed is uncomfortable, please leave eyes open.*
- *Notice your breath pattern. Is your breath shallow or deep? How is your breath moving through your body?*
- *As you inhale through your nose, notice the breath filling the chest, filling the rib cage.*
- *Notice the diaphragm as it expands and softens.*
- *Allow the breath to exit through the mouth, relaxing your jaw and your face.*
- *As oxygen fills the chest, you may wish to place a hand on your chest to become more aware of the movement of breath.*
- *As you exhale deeply, allow your body to soften into the surfaces you are resting on, dropping your weight into the ground.*
- *Staying aware of your breath pattern, notice how breath moves you.*
- *Are there any impulses to move any parts of the body as you inhale and exhale?*
- *If you make the decision to move, take the time to rest, noticing whether you can sense pain or discomfort.*
- *Send your conscious awareness to a part of the body that is not experiencing pain if you can.*
- *Notice any free-flowing movement that may emerge or if you wish to simply rest here.*
- *Play with this process for around 15 minutes and notice what emerges for you.*
- *You may wish to jot down or draw in response to your experience, noticing what sensations have emerged for you. Engage with this practice in your own time, whenever you feel the need.*

The Fluid Body Process

As previously explored, the fluid body is a core principle adopted throughout somatic practice, offering space and flow to movement. The below process takes influence from Dowler (2021) who guided us through practice at an online event with The Somatic Practice and Chronic Pain Network. My process is as follows:

- *Find a comfortable position sitting or lying and begin with your eyes closed if you wish.*

- *If eyes closed is uncomfortable, please leave eyes open.*
- *As you rest here, bring your attention to your breath, noticing your breathing pattern and how this feels in your body.*
- *Notice what surfaces of the body are in contact with the ground and allow the body to rest into the ground as support.*
- *As you breathe, begin to imagine your body as a fluid being. You may imagine a calm lake, or the crashing sea, or a free-flowing stream meandering around the riverbank.*
- *Notice how the breath and fluid begin to work in tandem, offering flow to the body.*
- *Explore this sensation, shifting from a calm lake to a crashing sea and how this affects the impulses in your body.*
- *Notice if there are any parts of the body that want to move- this may be minimal movement.*
- *Noticing the natural quality of your movement, stay in contact with your breath and how breath is also playing a part in your sense perception.*
- *If you are moving, play with multiple directions, shifting your awareness to spiralling and rippling the body.*
- *Notice if any pain is present and see if you can use free-flowing movement to support this sensation, becoming aware of other body parts.*
- *Engage with frequent rest to notice the difference in sensation and mark-make or write if you wish to reflect on the process.*
- *Play with this process for 15 minutes noticing what emerges through practice.*
- *Allow yourself the time to engage with the self, making choices and listening to the body.*

Movement Initiation Process

As previously explored, movement initiation is a core principle adopted throughout somatic practice, offering alternatives to moving and focus on specific areas of the body. The below process takes influence from Abrams (2020) and Kieft (2020) who have published specific somatic processes that incorporate movement initiation. My process is as follows:

- *Find a comfortable position sitting, standing, or lying and tune into your breathing pattern.*
- *Close your eyes if you feel comfortable to do so.*
- *Notice if your breath is shallow or if you are breathing deeply.*
- *How does this move in your body?*
- *As you continue to breathe, notice where the breath is moving your body.*
- *You may find that your chest expands, or your shoulders rise and fall with each breath.*

- *Notice where your conscious awareness is drawn to. This may be a leg, an arm, your chest, an area of discomfort or an area of ease.*
- *Notice if you can sense into what sensations are present at this moment and begin to picture this sensation in your mind's eye.*
- *Notice if this area wants to move.*
- *Starting with minimal movements, see if you can explore this area of the body in detail hanging onto any jerky or flowing movement that may arise.*
- *How are you tuning into this body part? Notice whether you can shift sensations through movement.*
- *You may only wish to move a finger or a toe, so try and distinguish what might be going on in this area.*
- *Once you have explored sensation in this area, keep breathing and notice whether your awareness takes you to another area of the body.*
- *This may be the other leg, arm, or shoulder. How does this body part feel?*
- *Allow breath to open possibilities in the body as you trace and track different body parts to bring about new sensations and an awareness.*
- *You may decide to stay with one body part for a length of time to really explore the intricacies of movement.*

Habit Process

As previously explored, habit and habitual movement patterning is a core principle adopted throughout somatic practice, offering a range of movement to participants who wish to stray from their usual movement qualities or patterns. The below process takes influence from Brodie and Lobel (2004) and Kieft (2020) who have published specific somatic processes that incorporate the awareness of habitual movement. My process is as follows:

- *Finding a comfortable position lying, standing, or sitting, and begin to become aware of your breath.*
- *If you feel comfortable to close your eyes, close them. If not, try and soften the gaze.*
- *Notice if you are breathing deeply or if your breath is shallow. How is breath moving in your body?*
- *You may want to place a hand on the chest or diaphragm to become more aware of movement.*
- *As you notice which body parts are in contact with the ground or the chair, begin to alter your position so that you are consciously engaging with another place of rest.*

- *Notice your weight pouring into the ground as you rest, and the ground supports you.*
- *As you notice how you are breathing and how you are resting into ground, notice if your body wants to move.*
- *Notice how your body wants to move.*
- *You may want to start with small, minimal movements that are slow and suspended or you may wish to move parts of the body fast or in a jerky way.*
- *Notice if this movement feels natural to you. Do you tend to engage with this type of movement?*
- *As you continue to move in this way, shift your movement intention to something different.*
- *This may be going from slow to fast, or fast to slow, or stillness to movement.*
- *Begin to play with different tempos and speeds and see if you can notice any shifts in your conscious awareness or sensations.*
- *Staying in contact with your breath, continue to explore movement.*
- *This may be very minimal or may be expansive.*
- *Notice if you can tune into what your body needs in this moment and how these sensations have shifted throughout the process.*
- *You may wish to reflect on your process to recount the experience.*
- *Notice if any pain or discomfort was present or whether this process opened possibilities for you.*

The Internal Process

As previously explored, internal awareness, or becoming aware of what is present within the body is a core principle adopted throughout somatic practice, offering improved sense perception, and understanding of the body for participants. The below process takes influence from Williamson (2020), James (2020), and Tufnell (2017) who have published specific somatic processes that incorporate awareness of the internal self as central. My process is as follows:

- *Find a comfortable position sitting, standing, or lying and tune into your breathing pattern.*
- *Close your eyes if you feel comfortable to do so.*
- *Notice if your breath is shallow or if you are breathing deeply.*
- *How does this move in your body?*
- *Allow the breath to travel round your body as your diaphragm expands and contracts, your chest expands, and your shoulders begin to drop on the exhale.*

- *Notice the parts of your body that are in contact with the ground, noticing these surfaces as they rest into the ground.*
- *If you are sat on a chair, notice your weight dropping into the chair as it supports your weight.*
- *Do you feel heavy or is there a lightness?*
- *Bring your conscious awareness to a specific part of the body (a hand, a foot, your shoulder).*
- *As you begin to move this body part very minimally, notice if there is any pain or tension present. How is your body responding to this small, dainty movement?*
- *Really explore the small micro-movements, focusing your attention on this specific body part.*
- *Do you notice any jerky sensations or is the movement flowing and smooth?*
- *If you become aware of pain and it is too much, send your awareness to a part of the body that is not in pain (this may be a finger or a toe).*
- *Staying in contact with your breathing as you continually explore, allow the time to rest and move again to become aware of the sensations present.*
- *You may wish to explore different speeds of movement, studying the differences in sensation.*
- *You can explore this process for 15 minutes in your own time allowing your focus and attention to shift through the process.*
- *You may also wish to reflect.*

Gravity Process

As previously explored, gravity is adopted within somatics to offer a better understanding of how we are in relationship with the earth and how this relationship affects our body wellness. The below process takes influence from Williamson (2020) who has published specific somatic processes surrounding the awareness of gravity. My process is as follows:

- *Find a comfortable position lying on the ground or sitting on a chair and begin with eyes closed if you feel comfortable.*
- *You can rest on a blanket and place a cushion under your head if you wish.*
- *Noticing your breathing pattern, allow your face and jaw to relax and your body to rest into the ground or the chair.*
- *Encourage your weight to drop into the floor as you exhale deeply.*
- *Take a moment to notice the space above your body. If your eyes are closed, bring your attention to the vast space above you and how your body feels in connection with space.*
- *Notice if there is a shift in your weight.*
- *Notice the space beneath your body.*

- *If you are lying down, take a moment to notice the ground underneath your body and the surfaces of the skin in contact with the ground.*
- *If you are sat on a chair, notice the space beneath the chair and beneath your body.*
- *Does this change your sense perception of your body weight?*
- *In your own time allow your body to respond to the movement of breath and respond to your body weight sinking into the ground, noticing if your body feels heavy.*
- *You may wish to change positions at this point and explore pushing and pulling against gravity.*
- *Can you notice your body's relationship with gravity?*
- *You may wish to explore unwinding tension through compressing and decompressing your body against the ground.*
- *Allow your body to press into the ground as it supports your body, becoming aware of any pain, discomfort, or tension.*
- *Allow rest and ease at frequent intervals to become aware of movement sensations.*
- *How can space play a role in your relationship with gravity?*
- *Allow roughly 15 minutes for this process.*

The Body Process

As previously explored, the body and body awareness are core to all somatic practice, offering an understanding of the body through movement and sensual awareness. This process takes influence from Dowler (2021) and James (2020) who have published specific somatic processes that hold the body central to the experience. My process is as follows:

You may wish to engage with this process in a safe space where there are no obstructions or obstacles. You may also decide to engage with expansive movement so ensure that the space is available.

- *Find a comfortable position sitting or lying and begin with your eyes closed if you wish.*
- *If eyes closed are uncomfortable, please leave eyes open and soften the gaze.*
- *Noticing your breath, how are you breathing?*
- *Try and breathe deeply, inhaling through the nose and exhaling through the mouth.*
- *Notice a sense of release on the exhale as your body begins to rest into the ground as support.*
- *Begin by bringing your conscious awareness to one part of the body in relation to the ground.*
- *This may be your arm that is resting into the floor, your leg that is resting into the chair if you are sitting, or your spine.*
- *Notice if this area feels heavy as if it is sinking into the ground.*

- *As you continue to notice your breath, see if you can breathe into this area to open space within the muscles and the tissues.*
- *How is breath moving you?*
- *Start to play with movement, exploring this area in relation to space.*
- *You may wish to open your eyes here so you can engage with the space around you.*
- *Notice if there are any sensations present: any tension, any discomfort, a lightness.*
- *Continue to explore movement in this area and trace throughout the body.*
- *Notice if any parts of the body move in relationship to one another or if there are any impulses that arise because of your surroundings.*
- *Continue to explore the body with eyes open and notice if your experience shifts, or if anything else emerges for you.*
- *Play with this process for around 15 minutes and reflect on your experience if you wish.*
- *You may want to vocalise or describe the experience.*

The Skeleton Process

As previously explored, the skeleton and skeletal awareness when moving is a principle frequently used throughout somatic practices to identify sensation and acknowledge our bony structure in process. The below process takes influence from Hudson (2021) during Skinner Releasing Technique classes at Birmingham City University, and Voris (2021) during Experiential Anatomy sessions in late 2021. My process is as follows:

- *Find a comfortable position whether that is sitting or lying down and find your breath. Notice how you are breathing and try to breathe deeply.*
- *Inhale through the nose and exhale through the mouth, allowing the jaw to relax and drop.*
- *Notice the movement of the rib cage as it expands and contracts and notice if you can sense into your diaphragm (just below the rib cage in the centre of your torso).*
- *Notice the rise and fall in the shoulders as you continue to breathe deeply, and the movement in the collar bones in relationship with the shoulders and the chest.*
- *Notice how breath moves the skeleton and how the skeleton responds to the movement of breath.*
- *As you breathe, notice what parts of the skeleton are in contact with the ground.*
- *If lying this may be your spine, your shoulder blades, or the backs of your legs.*
- *Drop your awareness into the back of the skull as it rests into the ground.*

- *You may wish to slowly rock or move your head from side to side to become aware of the shape of the skull or press into the ground with your shoulder blades to gain an awareness of their form.*
- *Notice the edges of the body and how your breath is filling these edges.*
- *You may find that you wish to stay in stillness, or you have the impulse to move.*
- *If you wish to move, notice the intricacies of your skeleton and how the bones sit in the joints.*
- *You may wish to use touch to understand the skeleton in more detail, feeling where the bones originate and where they connect with other joints.*
- *Play with this process for 20 minutes, allowing the time and space to get to know the skeleton.*
- *You may wish to look at some images of the skeleton before you start this process so you begin to understand how the body may move.*

Witnessing Practice

The witness is a field-wide concept used to ensure integrity and compassion is created throughout somatic sessions in practice. This process was influenced by Hartley (2004) and her writing on the witness, non-judgemental witness, and how we bring movement back to the body. Hartley (2004) has frequently published on the idea of the witness. My process is as follows:

Rather than offering a process that aligns with the concept of the non-judgemental witness, it might be interesting for you to become a witness for someone else (a family member or a friend). See if you can sit and witness them moving, doing the chores, or working out, and see if they can sense the support of being witnessed and if you notice a shift in your presence.

The witness practices the art of seeing. Seeing clearly is not about knowing what the mover needs or must do. The witness does not "look at" the mover, but instead, as she internalizes the mover, she attends to her own experience of judgement, interpretation, and projection, in response to the mover as catalyst...Sometimes ... it is grace, the witness embodies a clear presence.

(Hartley, 2004:18).

As suggested, the non-judgemental witness does not simply watch the other person moving, they really attune to their body and begin to share an experience where the person witnessing internalises the movement. Active witnessing is important where the non-judgemental witness sits openly and respectfully, engaging with the situation with interest. It is therefore also important that the person moving is aware that they are being witnessed and can draw upon this for future movement experiences. When trying this at home, try sitting on the floor or on a chair with an open facial expression and arms by your sides. This body language alone tells the person moving that there are

no reservations or preconceptions present. After you have witnessed them for around 15 minutes, engage with collaborative reflection where you share your experiences of being witnessed and witnessing. You may wish to discuss the contents of this leaflet with the person before witnessing them.

- *Find a comfortable position, sitting or lying and begin with your eyes closed if you wish. If eyes closed is uncomfortable, please leave eyes open.*
- *Notice your breath and how you are breathing.*
- *Is your breath shallow or are you breathing deeply?*
- *As you begin to engage with your breathing pattern, notice what movement arises in your body.*
- *Is your chest rising, are your shoulders dropping? What movement arises from breath?*
- *Begin to move your body in any way that seems comfortable.*
- *Notice if you wish to stay in stillness or if you want to move slowly, quickly, or in tune with your breath.*
- *How does this feel? Notice if you are aware of how the movement may look or if you are tuning into the sensations?*
- *Continue to play with different movements that feel comfortable for you.*
- *Notice whether you are moving in a particular area of the body or whether you are using the whole body.*
- *If your mind starts to wander, try tuning into your breath to bring you back to sensation.*
- *Notice whether you start to analyse your movement or if you begin to criticise what movement you are engaging with.*
- *If you can, try and tune into the sensual experience rather than noticing what the movement may look like.*
- *As you continue to move, see if you can reflect on your movement in the moment.*
- *It may help if you start to describe your movement through vocalising. For example, if you are rotating your wrist, simply say 'I am rotating my right wrist and lowering my arm'.*
- *This may help you to stay in the moment and understand what sensations are apparent in the body.*
- *You may wish to reflect after the process as well, jotting down some words, mark-making, or drawing.*
- *Explore this process for around 15 minutes or until you notice a shift in your awareness.*

Touch Process

As previously explored, the use of touch within somatic practices is used throughout the field to offer compassion, clarity, and an understanding of the body through another lens. This process takes influence from Tufnell (2017) and James (2020) who have published on the applications of touch practically in somatic processes. My process is as follows:

- *For this process I would encourage you to use a cushion to rest your head when lying, making sure that the back of the head is resting with ease and comfort and not straining your neck.*
- *Close your eyes if it feels comfortable to do so and notice your breathing.*
- *Are you breathing deeply or is your breath shallow?*
- *As you inhale, notice the rib cage expanding. As you exhale, notice the rib cage contracting to its original position.*
- *Start by placing one hand on your sternum and engage with touch. You may notice your heart beating, the movement of breath within your chest, or the outline of your bones in the rib cage.*
- *Notice the warmth that your touch provides in this area and if there are any shifts in sensation.*
- *You may wish to place both hands in a certain area, or play with stillness to gain a deeper, more intricate awareness of this part of the body.*
- *Allow your hands to gently apply some pressure to this part of the body.*
- *You may stay with the chest, or you may wish to explore touch on the head, the hips, or your shoulder.*
- *As you apply this gentle pressure, notice what sensations or feelings surface.*
- *Does your body feel heavier, or is there lightness?*
- *Staying aware of your breath, allow freedom of movement whether that is minimal or expansive.*
- *Play with different compressions and decompressions in different areas of the body.*
- *See if you can notice your body starting to respond to the touch and allow your body to soften into touch.*
- *You may wish to drop your weight into the cushion and your hand if you are touching your head.*
- *Engage with this practice for around 15 minutes and document the process if you wish to reflect.*

Cellular Awareness Process

As previously explored, cellular awareness, or having an awareness of our bodies as cellular beings in motion is a core principle adopted throughout somatic practice by pioneers and practitioners alike. Ultimately, this principle offers an awareness of the body at a micro level and offers the participant the opportunity to explore the body in more depth. The below process takes influence from Voris (2021) during Experiential Anatomy sessions in 2021, and James (2020) who offer practice that incorporate the cell as central. My process is as follows:

- *Find a comfortable position and rest in stillness. You may wish to sit, stand, or lay on the floor—just ensure that you are comfortable.*
- *Close your eyes if it feels comfortable and notice how you are breathing.*
- *Notice if you are holding any tension in your body and see if you can drop your weight into the ground.*
- *Are you breathing deeply, or is your breath shallow?*
- *Notice where breath is filling the body, creating space as you inhale.*
- *As you exhale, notice a sense of release as the breath continues to open the tissues within the body.*
- *Notice your weight pouring into the ground as you rest, and the ground supports you.*
- *Begin to send your conscious awareness to the tissues within the body.*
- *You may wish to focus on one specific area of the body or simply rest into the ground.*
- *You may wish to also engage with touch to become aware of the tissues within the body.*
- *See if you can picture the tissues within the body opening, creating space.*
- *Continue engaging with your breathing pattern as you explore minimal movement.*
- *As you move with breath, can you become aware of any shifts or changes in your body?*
- *Notice if this movement feels natural to you.*
- *Can you describe the intricacies of the movement and voice them as part of the process?*
- *Staying in contact with your breath, continue to explore movement.*
- *This may be very minimal or may be expansive.*
- *Notice if you can tune into what your body needs in this moment and how these sensations have shifted throughout the process.*
- *You may wish to reflect on your process to recount the experience.*
- *Notice if any pain or discomfort was present, or whether this process opened possibilities for you.*