

SOMATIC MOVEMENTS GUIDE

Facilitate emotional release and reduce physical tension



Hazel Cotton

Hello,

WELCOME!

I'm so excited that you're here!

I'm Hazel, and I'm in the final phase of my recovery from Chronic Fatigue Syndrome and Long Covid. I spent years surviving in the corporate world, pushing through exhaustion, and unknowingly perpetuating my symptoms. I've walked the same path you're on now, and I understand the complexities and frustrations that come with a stress-related chronic illness.

I've created this Somatic Movements Guide and Video for anyone ready to get in tune with their body, release built-up emotions, let go of trauma, and heal their chronic illness symptoms

If you're nodding along, then hello friend! You're not alone, and I am here to help you break free from the cycle of chronic illness. This journey is all about empowering you to step into a fully healthy version of yourself, so you can reclaim your health and start living the life you've always dreamed of.

Let's embark on this transformative journey together, and start paving the way toward a healthier, more vibrant you!



Are you ready?

LET'S BEGIN!

*Hazel
Kx*

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I'm a Nervous System Practitioner

I help women with stress related chronic conditions such as CFS, Long Covid & Anxiety shift out of survivor mode and reclaim their health and their lives by self-healing. I am a:

☀️ Certified Nervous System Regulation Practitioner

☀️ Trauma Informed Practitioner in training.

WHAT ARE SOMATIC MOVEMENTS?

Welcome to this somatic movements guide.

Somatic movements are gentle, mindful and exercises that focus on internal sensations and awareness within the body, often used to alleviate physical and emotional tension.

The focus on present-moment awareness helps cultivate a deeper connection between the mind and body, fostering a sense of grounding and calm. This can be particularly beneficial if you are experiencing stress, anxiety, or trauma, as somatic practices encourage the gentle release of stored emotional energy.

The slow, deliberate nature of these exercises also helps to activate the parasympathetic nervous system, often referred to as the "rest and digest" state, which counteracts the body's stress response and promotes relaxation.

You may find that you start to yawn. This is a good thing as it indicates that the parasympathetic nervous system is being activated.

I have found all of these movements to release emotional energy and tension in my body.

HOW TO USE THIS GUIDE

Begin by exploring all the somatic movements included in this guide.

The guide provides detailed instructions for each somatic movement. The accompanying video demonstrates the movements, making it easy to follow along and get the most out of each exercise.

Each movement is numbered for ease.

Take your time to try each movement and observe how your body responds. Select 3-5 movements that resonate the most with you then do them daily for 5-10 minutes, gradually increasing the duration as you become more familiar and comfortable.

Approach each movement with curiosity and patience, allowing yourself to fully experience and enjoy the process.

Remember, this journey is about discovering what works best for your unique body and enhancing your overall well-being.

1. CAT-COW STRETCH

To release tension in the back and increase flexibility in the spine

How to do it

1

Start Position: Begin on your hands and knees in a tabletop position, with your wrists directly under your shoulders and your knees directly under your hips.

2

Cat Pose: Inhale deeply, then exhale as you round your spine towards the ceiling, tucking your chin to your chest and drawing your navel towards your spine.

3

Cow Pose: Inhale again as you arch your back, allowing your belly to drop towards the floor, lifting your head and tailbone towards the ceiling.

4

Repeat: Flow between Cat and Cow poses with each breath, continuing for several rounds, focusing on the movement of your spine.

2. HIP OPENER

To release tension in the hips and lower back.

How to do it

- 1** Start Position: Lie on your back with your knees bent and feet flat on the floor, hip-width apart.
- 2** Cross Legs: Cross your right ankle over your left knee, forming a figure four shape.
- 3** Stretch: Gently press your right knee away from your body, feeling the stretch in your right hip. For a deeper stretch, lift your left foot off the ground and draw your left knee towards your chest.
- 4** Hold and Switch: Hold for 20-30 seconds, then switch sides and repeat the stretch with your left ankle over your right knee.

3. WINDSHIELD WIPERS

To gently mobilise the lower back and hips.

How to do it

- ① **Start Position:** Lie on your back with your knees bent and feet flat on the floor, with your knees touching
- ② **Sway Hips:** Slowly sway your knees to the right, allowing your hips to follow and feeling a gentle stretch in your lower back and hips.
- ③ **Return to Centre:** Bring your knees back to the centre position
- ④ **Repeat:** Sway your knees to the left and then return to the centre. Continue swaying from side to side for several repetitions, moving smoothly and gently.

4. ARM AND SHOULDER STRETCH

To release tension in the shoulders and arms.

How to do it

1

Start Position: Begin on your hands and knees in a tabletop position.

2

Initiate Reach: Reach one arm forward to the opposite hand, similar to going into a one sided child's pose, but on the opposite side.

3

Engage: Pulse your arm forwards slightly feeling the stretch, then pulse your shoulder joint from side to side, feeling the stretch

4

Switch Sides: repeat on the other side with your left arm.

5. PELVIC / LOWER BACK CIRCLES

To release tension in and mobilise the hips and lower back, improving flexibility and reducing stiffness.

How to do it

1

Get in position: Begin on all fours with your hands directly under your shoulders and knees under your hips. Ensure your back is in a neutral position.

2

Initiate the Movement: Begin by shifting your weight slightly to one side and start making slow, controlled circles with your pelvis. You can engage your knees if you want to make a more sweeping movement

3

Complete the Circle: Continue the circular motion, moving your pelvis forward, to the side, back, and then to the other side. Make the circles as smooth and fluid as possible

4

Change Directions: After completing several circles in one direction, switch to the opposite direction to ensure balanced mobility.

6. HIP CIRCLES

To release tension in and mobilise the hips and lower back, improving flexibility and reducing stiffness.

How to do it

1

Start Position: Stand with your feet slightly wider than hip-width apart, knees slightly bent.

2

Initiate Swirl: Begin to circle your hips to the right, making large, slow, and controlled movements.

3

Full Circle: Complete a full circle with your hips, moving in a smooth and continuous motion.

4

Switch Direction: After several circles in one direction, switch to circling your hips to the left. Continue for a few minutes, focusing on the fluidity of the movement.

7. HEEL DROP

To release tension in the calves and improve circulation in the legs.

How to do it

1

Start Position: Stand on a step or ledge with your heels hanging off the edge, holding onto a railing or wall for balance if needed.

2

Lower Heels: Slowly lower your heels below the level of the step, feeling a stretch in your calves.

3

Hold and Lift: Hold the stretch for a few seconds, then lift your heels back up to the starting position.

4

Repeat: Repeat the heel drop and lift for several repetitions, moving slowly and mindfully.

8. SHAKING

To release stress and tension in the entire body, promoting relaxation and energy flow.

How to do it

1

Start Position: Stand with your feet shoulder-width apart, knees slightly bent, and arms relaxed at your sides.

2

Begin Shaking: Start shaking your hands and arms gently, gradually increasing the movement to your shoulders, torso, and legs.

3

Full Body Shake: Allow the shaking to spread through your entire body, letting go of any tension or stiffness.

4

Cool Down: Slow down the shaking gradually until you come to a gentle stop, taking a few deep breaths to notice the sensations in your body.

9. BODY TAPPING

To increase body awareness, stimulate circulation, and release tension

How to do it

1

Start Position: Stand with your feet shoulder-width apart, knees slightly bent, and arms relaxed at your sides.

2

Begin Tapping: Using your hands, start tapping gently but firmly along your left arm from the shoulder down to the fingertips and back up. Repeat on the right arm.

3

Tap Legs: Move to the legs, tapping from the hips down to the ankles and back up. Be sure to tap the front, sides, and back of your legs.

10. FREE FORM MOVEMENT

To encourage free expression and release stored energy, enhancing body awareness

How to do it

- ① **Start Position:** Stand comfortably with your feet slightly apart and knees soft.
- ② **Begin Moving:** Start moving your body in whatever way feels natural. You might sway, circle, undulate, or create any flowing movement.
- ③ **Explore Range:** Let your arms, torso, and legs join in the movement, exploring different speeds, levels, and directions. Allow your movements to be as big or small as you like.
- ④ **Flow and Breathe:** Continue to move freely, paying attention to your breath and the sensations in your body. Let go of any judgment and enjoy the freedom of the movement.

11. STANDING TWIST

To stretch the spine and increase flexibility in the torso and hips.

How to do it

- 1 Start Position: Stand with your feet hip-width apart, knees slightly bent, and arms relaxed at your sides.
- 2 Prepare to Twist: Place your hands on your hips or extend your arms out to the sides at shoulder height.
- 3 Twist Right: Inhale deeply, and as you exhale, gently twist your torso to the right. Allow your head and neck to follow the movement, keeping your hips facing forward.
- 4 Return and Repeat: Inhale as you return to the center, then exhale and twist to the left. Repeat this twisting motion several times, moving smoothly and with your breath.

12. BUTTERFLY HUG

To provide a sense of comfort, grounding, and self-compassion, often used in mindfulness and trauma therapy.

How to do it

- ① **Start Position:** Sit or stand in a comfortable position. Cross your arms over your chest, with your hands resting on the opposite shoulders.
- ② **Adjust Hands:** Position your fingers so that they lightly tap or rest on your shoulders or collarbones.
- ③ **Begin Hug:** Close your eyes (if comfortable) and take a deep breath in. As you exhale, gently tap your shoulders with your fingertips, alternating left and right, like the flapping of butterfly wings.
- ④ **Breathe and Relax:** Continue the gentle tapping for several breaths, focusing on the sensation and allowing it to bring a sense of calm and connection. You can also affirm to yourself comforting words or simply focus on the rhythm of your breath.

CONGRATULATIONS ON GETTING TO THE END OF THIS SOMATIC EXERCISES GUIDE!

Now, it's time to commit to spending 5-10 minutes a day so you can start experiencing the benefits. You can increase the duration as you get more comfortable.

You may be wondering what comes next and how I can continue to support you on your journey. Let's explore the next steps together!

✦ COMING SOON! ✦

Transform Your Life With Our 10-Week Program

TRANSFORM YOUR HEALTH

Introducing a neuroscience founded 10-week program for women who are determined to self-heal their chronic symptoms for good. It is designed to **shift you out of survival mode and into a state of lasting health and vitality**

This transformative journey will guide you step by step, helping you break free from the cycle of merely surviving and getting through each day to empowering you to reclaim your health and your life for the long term.

Using a combination of cognitive, subconscious and somatic techniques, you will:

- Deep dive into the underlying causes of your symptoms
- Gain practical tools and strategies to regulate your nervous system
- Cultivate new, healthy habits that prevent relapse into survival mode.
- Shift your perspective from 'being sick' into embodying health and wellness

This program is not just about temporary relief; it's about creating deep, lasting change. By the end of these 10 weeks, you will have the knowledge, tools, and confidence to take control of your health and live your life to the fullest.

Don't just survive – thrive! Join us on this life-changing journey and start reclaiming your health and happiness today. [Click here to join the waitlist](#)

You can find all of the ways we can work together at: www.rebalancewithhazel.com

Follow me @rebalancewith.hazel for insights and tips on regulating your nervous system