

SOMATIC

E X E R C I S E

CONNECT WITH YOUR SENSES, EXPLORE YOUR BODY, AND
CULTIVATE A MINDFUL AWARENESS

mindfulness / somatic / exercise





In the gentle dance of self-discovery, every mindful breath, every subtle sensation, is a step towards the symphony of well-being.

ebony wylde



BODY AWARENESS EXERCISE

For this somatic body awareness exercise, you won't need to move too much, so you can remain seated. Find a comfortable position and let's begin.

Opening and Grounding

Start by taking a few deep, mindful breaths. Inhale deeply through your nose, and exhale slowly through your mouth. Allow your breath to ground you in this present moment.

Exteroception - Orienting to the 5 Senses

Why don't you start by looking around? Have a look around the room. You can move just your eyes, but I would also encourage you to turn your head and even your torso. Check what objects are there in your space, their shape, size. What are the colors, are there any dominant colors? Which parts of the room are brighter, and which ones are darker? For now, observe them without judgment.

Now shift your awareness to the sounds you hear. The sound of my voice, the sounds in your room, and maybe even the sounds outside your room. Which ones are loud, which ones are more quiet? Which are the more frequent ones? Can you hear any sounds in your body? Perhaps the sound of your breath?

Now let's shift awareness to the smells. Are there any smells in your space? Maybe there are some objects you can smell. The ink of the pen, the paper or your notebook, and if there aren't any objects, smell the skin of your hand. And again, just for now try not to judge it as pleasant or unpleasant. Just notice it.

Moving on to the sense of taste. Do you have any taste in your mouth right now? If you have water next to you and if you take a sip, does your water have any taste? Take a moment to notice it, become curious.

Now, why don't you move your awareness to the sense of touch? Starting with the most subtle one. Without moving or using your hands, can you notice your clothes touching your skin? Where do they touch? What is the quality of this touch? Don't worry about describing it in your mind, just notice what you notice. Shift your attention to your chair, or whatever you are sitting on. Which parts of the body are in direct contact with it? Can you feel its texture or temperature?

If your feet are touching the floor, what is the texture of the surface they are touching? If there are objects in front of you, you are welcome to touch them. Maybe it's your desk, your computer or pen. What do you notice as you do that? Now how about placing your hands on your body? How different does that feel? Different parts of the body will also have different textures and temperatures.

BODY AWARENESS EXERCISE

Mindful Breathing

Now, let's take a moment for a few deep breaths. Inhale slowly through your nose, allowing your abdomen to expand, and exhale through your mouth, releasing any tension. Be mindful of each breath, feeling the air as it enters and leaves your body.

Kinesthetic Awareness

Now, I invite you to wiggle or move in your chair to engage your muscles. It could be twisting, stretching. You can even stand up and even move around the room if you feel like it. I'd like you to pay attention to which muscles you are engaging. When do you apply force? How much force are you applying? And which muscles are stretching? How fast or how slow do you move?

Proprioception

Also, observe the relationship between those different body parts as you continue to move. How close or how far are they from each other? How close and how far are they from other objects in your room? See if you can get a sense of the proximity even without looking at those body parts. Maybe even with your eyes closed - can you get a sense of where your body is in space? Take your time to explore it. Maybe even try touching your nose with your eyes closed. Now when you are ready, gradually come to stillness.

As you are still, can you get a sense of the alignment of your spine, do you feel your back is straight or slightly rounded? How is your weight distributed? Are you leaning forward or back, or maybe to the side?

Visualisation

Now, with your eyes closed or open, turn your awareness inward. What do you feel? Do you feel comfortable? How do you know that you are comfortable? Are there any parts of the body that are more tense than others? You are welcome to adjust or move those parts of the body. Are there any parts that feel light and relaxed? Take your time. We usually don't pay that much attention to the relaxed parts of the body. Are there any areas that feel warm or cold - may be your hands, feet, or face? How is your heartbeat, can you notice it? What about your breath? Is it deep or more shallow, slow or fast? What else is your body telling you? What are you noticing and where do you notice it?

Integration: If you've had your eyes closed, you can open them. Look around again, move, wiggle, do whatever you need to get your awareness back to the external environment. Take your time to orient back to the screen of your device if you need to.

Now that we have concluded this exercise, take a moment to reflect. How did this exercise make you feel? What has shifted? What has changed in your overall physical, emotional, or mental state?

BODY AWARENESS EXERCISE

Reflection Questions

- What sensations did you notice during the exercise?
- How did your external environment influence your awareness?
- What insights did you gain about your body's response to movement and stillness?
- Did you discover any areas of tension or relaxation that surprised you?
- How can you incorporate this heightened awareness into your daily life?

Remember, this exercise is a journey of self-discovery. Be kind to yourself as you explore the nuances of your body and the environment around you. Thank you for taking this time for self-care and introspection. May you carry this awareness with you as you continue your day.

Feel free to reach out if you have any questions or would like to share your experiences. Wishing you a continued journey of self-awareness and well-being.

