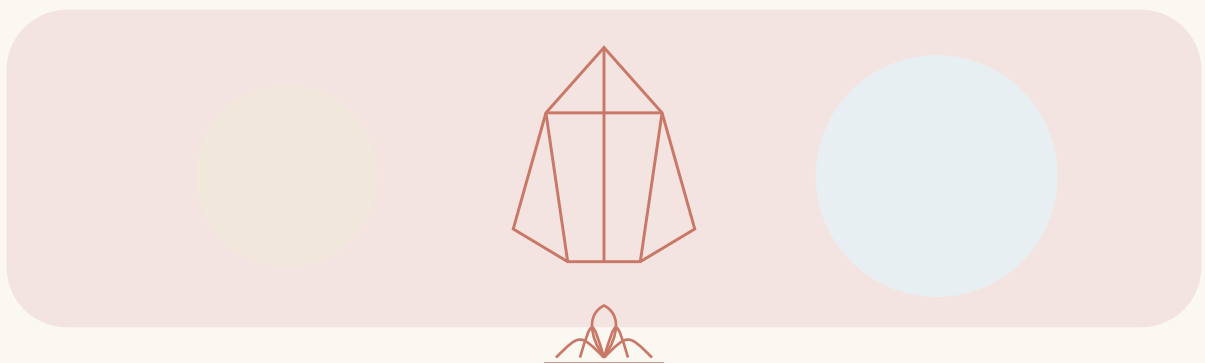


THE ZEN MOVEMENT™

free educational guide

Somatic Movement for Beginners

A gentle introduction to movement, sensation, and body awareness.



Wellness education for everyday life



Somatic Movement for Beginners

Somatic movement is less about performing an exercise and more about noticing your internal experience while you move. The invitation is simple: slow down, stay curious, and let your body have a say in the pace.

Three principles

Comfort: stay within a range that feels manageable.

Choice: every movement is optional and can be made smaller.

Curiosity: notice sensation without needing to fix or interpret it.

1. Orienting

Let your eyes slowly move around the room. If comfortable, allow your head to follow. Pause at anything neutral or pleasant. Notice color, light, shape, and distance. Return to center before exploring the other side.

2. Shoulder circles

Lift the shoulders gently toward the ears, roll them back, and let them settle. Repeat slowly, then reverse direction. Try changing the size of the movement and notice what feels easiest.

3. Gentle sway

Shift your weight slowly from side to side while standing, or let your torso sway while seated. Notice the moment your weight changes and the moment you pass through center.

4. Butterfly hug

Cross your arms over your chest and place each hand on the opposite upper arm or shoulder. If it feels comfortable, alternate gentle taps left and right. Keep the rhythm slow and notice the contact of your hands.

5. Bounce or light jumping

Standing with support nearby if needed, begin with a soft bend and straighten through the knees. You can keep both feet on the floor or, if it is comfortable and appropriate for your body, allow a few very light jumps. Let the arms stay loose. A seated bounce or foot press is a good alternative.

6. Shake it out

Gently shake your hands, wrists, shoulders, or legs. Keep the movement easy rather than forceful. Gradually make it smaller until you return to stillness.

A 2-minute somatic sequence

- 20 sec: Look around and orient.
- 20 sec: Slow shoulder circles.
- 20 sec: Gentle side-to-side sway.
- 30 sec: Butterfly hug with alternating taps.
- 20 sec: Soft bounce or light jumps, if appropriate.
- 10 sec: Become still and notice.

Pause for integration

- What feels different now - even slightly?
- Where do you notice warmth, tingling, heaviness, softness, or ease?
- Has your breath changed?
- Do you want more movement, less movement, or stillness?
- What does your body need next?

Somatic practice is not about forcing release.

The practice is noticing, choosing, and responding to your body with a little more attention.

Safety note: Move only within your comfort and physical ability. Skip jumping if you have balance concerns, pain, recent injury, pregnancy-related restrictions, or have been advised to avoid impact exercise. Stop if you feel pain, dizziness, weakness, shortness of breath, or anything that feels unsafe. This guide is educational and is not individualized medical or rehabilitation advice.