

Welcome to the Total Somatics online Program. Before you start let me explain a few things about my site and how it works.

Each week follow the Somatic movements and watch the videos so you start to build a deeper understanding of somatic movement, mindfulness and mindset principles.

I will teach you three new somatic movements each week for the first few weeks. After the first few weeks you will notice there are tailored programs which combine the movements you have learned. I have placed them into specific sequences. Choose the sequences that you feel suits you for that day. Each time you get on to the floor to practise Somatics imagine this is your first time you are performing this sequence. Become curious and notice how your muscles and mindset are working on that day. Work with what you are presented with that day.

Before you start week 1 take a look around at the rest of the program. Go to over to 'Part 2' and look at the support material I have provided for you. You will find downloadable support material and podcasts. You can start listening and reading the support material from week 1 as it helps you increase your somatic mindset and knowledge.

Periodically I will continue to add new content which you will find under the heading 'support' in part 2. So please head over to that section and allow the underpinning knowledge and support to help build your Somatic lifestyle.

You will notice by the time you get towards the end of part 2, the Somatic movement sequences are in audio format. By this point, you will feel confident and proficient in your practice. My role is to facilitate you to become more Somatically aware. You will find you are able to self monitor and self regulate to a higher level and understanding. I will continue to add new audios into this sections to keep your practise fresh and introduce you to new movements, ideas and concepts within Somatic health and well being.

If you have any questions, please contact me at support@totalsomatics.com any time. I am here to guide and support you.

Enjoy the program,

Heidi Hadley xx