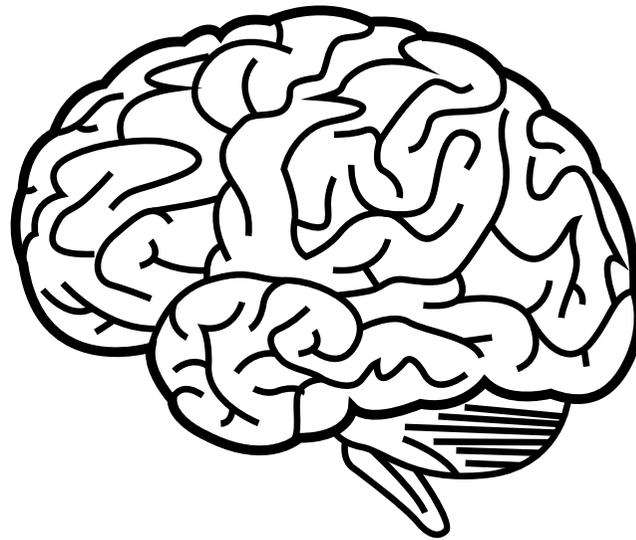




RECALIBRATION WORKSHOP



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**WHICH SIDE OF THE BODY TIGHTENS?
HOW DOES IT IMPACT ON HEALTH & WELLBEING?**

Which areas can be rigid and need releasing? How can you increase awareness to these areas?

Which breath is associated with this reflex pattern? How are the main anatomical parts associated with this reflex positioned when stimulated?



ORDER OF RED LIGHT MOVEMENT

1) Rib assessment and release - how much movement? Is it one sided?

Release:.....
.....
.....

2) Head movement - are you allowing your muscles to release? Could you introduce movement into your head by letting go of your neck muscles? In order to move along with your rib cage, where is your chin facing?.....
.....

3) Which muscle connects your breastbone to your pubic bone? How does this shortening of the muscle position both your breastbone and pubic bone to create the red light reflex?.....
.....

3) Notice what is lengthening and releasing as you create this reflex? Can you feel the difference between the two sides?

GREEN LIGHT RFX



Which side of the body tightens? How does it impact on health & wellbeing?

How big should the movement of the arch be, with a green light person during the pelvic roll? What is the focus for a green light person when they are re-creating the red light position?

Which breath is associated with this reflex? How can a green light person enhance their pattern without over exerting with their pelvic movement? Which side is releasing?

ORDER OF GREEN LIGHT MOVEMENT

1) Inhale and tilt your tail bone towards the floor. Notice a little arch in the small of your back. Allow your belly to inflate like a balloon.

List 2 reasons why it is important to inflate your belly like a balloon:

1).....

2).....

2) What is co-contraction?

.....

3) On the inhale and arch, where is your focus and awareness? What are you wanting to sense and feel to? (hint: bicep analogy).....

.....

4) As your ribs and chest inflate on your inhale, where is your chin and head position?.....

5) Taking into account the stress response and personality of a green light person, what is an effective way to ensure all residue tension has fully released when returning to neutral?

TRAUMA RFX

Which areas tighten? How does this impact on health & wellbeing?

Where should the contraction be coming from for the side bend? Which two ends should be drawing towards each other?

As you contract one side, whilst lying on your back, what are you to be mindful of? Hint: default pattern.

What is connected to the movement of your pelvis and spine and will accentuate your side bend?



ORDER OF TRAUMA MOVEMENT

1) Inhale to prepare, exhale and draw the same side armpit and hip TOWARDS each other. Take as many breaths as you want to release back to your start.

If you over effort with the side bend what two situations can occur?

1).....

2).....

2) How could you create a rib release techniques for the sides of your ribcage with this movement?.....

3) How could you grow this movement to increase the stimulation and lengthening within the pandiculation?.....

.....

4) To ensure the contraction for your hip movement isn't coming from your red or green light pattern, what can you do to heighten your awareness to where you want the pandiculation to come from?

.....

Consider how your hands can act like a second pair of eyes.

1) During the Red Light portion of the sequence:

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2) During the Green Light portion of the sequence:

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3) During the trauma portion of the sequence:

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BONUS PANDICULATION WITH GLUTES!

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