

The Ultimate FAQs Guide To

The 7 burning questions about Clinical Somatics, Posture, Pain & Movement

Reduce Pain

Move Freely



Develop Mindfulness



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WELCOME



Hello, my name is Heidi Hadley and I am a Clinical Somatic Educator & Somatic Movement Teacher. I have over 20 years of clinical experience within the area of Health & Wellbeing. Having treated and educated people globally, in person and also online, has been instrumental in creating an online Membership to serve people who want pain relief and greater mobility.

My membership also serves health practitioners and Clinical Somatic Educators, who want to delve deeper into different areas and approaches of Clinical practice. The Total Somatics Membership provides a rich banquet of resources with my ongoing support within the membership.

The Total Somatics Membership

I created The Total Somatics Membership because I was being approached by the general public to cut through the clutter and jargon that can be found on You Tube, Social Media and other avenues. People wanted concise, easy to understand principles and practices to help them feel better, move with ease and take what they learn in their movement session into their daily activities.

Over the years, I have also integrated Mindset & Mindfulness principles within Total Somatics. The reason for this integration is because unless you change the narrative and belief systems in your head, you will continue to talk, act, believe and follow the same habits. These habits are often what creates recurring pain, injuries and self sabotage moments in our day.

I have created content over the years to bring a greater understanding to how your incredible mind & body work. You truly are unique & AMAZING!

I have found within my clinical practice & working online with people around the world that they all have one thing in common, they want to know how they can learn skills to take back control of their own health & wellbeing.

This is one of my major passions within this area of health & wellbeing, bringing back a greater understanding to how your

mind & body work. Plus, any labels, conflicting after care advice & disempowering expressions such as "your back is deteriorating" or "your back is fragile" or "don't lift or bend down from now on" can all start to create stories & emotions linked with them. These negative narratives play into our mindset & impact everything we do.

If you have joined me for my annual Total Somatics LIVE Experience online, you would have experienced the profound shifts & changes you can experience within minutes...because your brain is involved!

Update your Software (Brain)

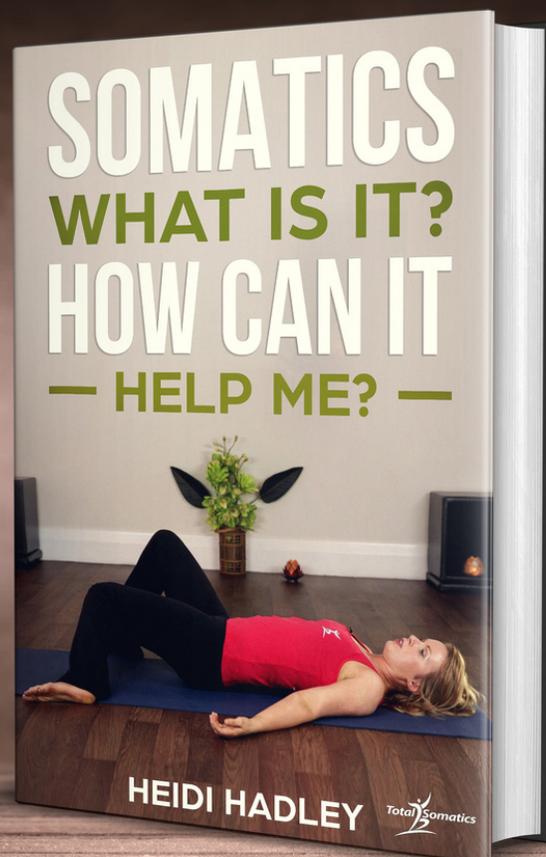
As you begin reading through these frequently asked questions and answers, you will understand how important it is to update your software on a regular basis. Consider how often you update the software on your mobile device and computer. The amount of data and processing that happens each week on your technology is incredible and you can see why updates are often needed. Consider how much more so your beautiful brain and body need 'software' updates from all the daily pressures such as stress, hormonal changes, foods interactions and exposure to chemicals. Plus consider the subconscious behaviours/postures and movements which at times aren't serving you well. It is important to recalibrate regularly.

When you delve into this resource, you will understand why I love reducing that feeling of overwhelm for you by providing ongoing support with Total Somatics, to help you reduce pain, improve posture, increase mobility and create resilience every day.

ARE YOU READY? LET'S GET STARTED!

Heidi Hadley xx

What is Somatics?



ANSWER

Somatics is a field within health which focuses on increasing internal awareness to both physical and mental perception or feedback. Gentle movement sequences are created to help break chronically tight muscles and improve mobility. Somatics involves mind and body communication by improving neural pathways in your brain to break old disempowering habits such as poor posture. It is involved with re-educating your brain & body relationship, assisting in bringing back to better health.

Somatics requires the principle 'less is more' because when you begin using brain training techniques to release chronically tight muscles and re-introduce efficient muscle memory back into movement and posture, it is less 'brawn' and more 'brain' effort.

Somatics is a mind & body practice which re-educates efficient muscle memory & releases chronically tight muscle by using a 3 step brain training process.

Download your FREE ebook

To learn more about Clinical Somatics , go to <https://bit.ly/TotalSomaticsebook> and download your FREE copy of 'Somatics - What is it? How can it help me?'

Somatics is different to Yoga and Pilates and is recognised as an established modality in its own right. As a qualified Clinical Somatic Educator, I have extensive knowledge, training and experience with different health issues. My training involved clinical one on one training as well as teaching classes and groups.

What is Total Somatics?



ANSWER

I am the founder & creator of Total Somatics, an online membership serving people from around the world. The membership has been designed for people with no previous knowledge/experience of Clinical Somatics right up to health practitioners. The Total Somatics membership helps people learn how to reduce pain, improve posture, increase mobility, create greater resilience with mindfulness strategies and reduce the incidence of recurring injuries.

Within the membership, there is a structured pathway for people to understand the principles of Clinical Somatics. Even for people with prior knowledge, I always encourage people to go back and re-visit the foundations or fundamentals. Each time you do, you will find the information integrates further into your practice.

Total Somatics is an online membership serving people around the world with rich resources and content to help reduce pain, improve posture, increase mobility, create resilience & reduce the incidence of recurring injuries.

Keeping my finger on the pulse

In order to provide the very latest clinical approaches, I stay up to date with studies, qualifications, research and application within the fields of mind, body, neuroscience, psychoneuroimmunology and movement science. I am the owner & operator of a wellbeing centre in South Australia and so my clinical skills are always being used and challenged with the different health issues presented to me.

In order to serve the global Total Somatics community, I am interactive with regular LIVE online workshops and Q&A sessions to meet the needs of the global community.

What is the 3 step brain training process used in Somatics?



ANSWER

The 3 step process used within Clinical Somatics is known as pandiculation. Pandiculation is very different to stretching, PNF and MET. If you are a member of The Total Somatics membership, go to the "Recordings/Workshop" section and watch the 2 workshops "The Power of Pandiculation" and "The Neuromyofascial web & Somatic Movement."

Pandiculation is the method used to reset the communication of muscle movement, coordination and memory. This process involves areas in your brain known as the sensory motor cortex. It is also known as your 'brain map' because these areas speak directly to the different regions of your body. Pandiculation is a natural sensory motor (software) reset that is seen within the animal kingdom.

Pandiculation is the process in which the communication between your brain and body (software reset) are updated with a technique which works 'smarter' not 'harder' with your overall health & wellbeing.

When did we stop Pandiculating?

Many people ask me 'When did we stop pandiculating, if you are telling me it is natural?'

Around the age of 5 years, many children start school and are encouraged to sit still and look straight ahead. This begins to reduce the amount of natural movement in their day.

Before their school years, children instinctively pandiculated. Parents will also recall when they feel the baby kicking in the womb, this is known as the pandicular response! This is when the muscles are being primed ready for the delivery.

To find out more about Pandiculation, listen to my podcast channel "Somatic Movement & Mindset" on all major podcast platforms.

Is stretching good for me?



ANSWER

For many years stretching was hailed as the answer to releasing muscle tension. However, with updated scientific research in to neuromuscular health, injury and movement, stretching has been identified as a practice with limited long term results.

Within the 'workshop' section of the Total Somatics membership, I delve deeper in to the science of this statement with additional information to support it. Stretching doesn't change the landscape or actions at a brain level, whereas pandiculation does. Stretching focuses more on the ego of a person, they are wanting to achieve a certain range or posture. It is at these times, people are no longer mindful of their actions, unable to identify where their brain is providing feedback to inform them where the muscle movement and length ends at a brain level. Your brain is the control centre for all muscle movement, coordination, contraction and lengthening.

Stretching does not change muscle memory, movement, coordination and proprioception at a brain level, whereas Pandiculation does. Neuromuscular science has progressed and the science reveals stretching has its limitations in a number of areas.

Your brain is a pattern creator

Your brain is a pattern creator. It creates muscle tightness and changes in movement and posture by patterning tension from head to toe. Stretching has a different approach to this area of neuromuscular science. Many people who love stretching, continue to adopt the old fashion view of isolating an area to 'stretch.' However, when we consider the very latest neuromuscular science, this approach is flawed because the pattern of tension is not isolated to one region. Once again, Pandiculation stands head and shoulders above stretching because the process involves working into the full body pattern of contraction and slowly releasing muscle tension with the assistance of your sensory motor cortex.

How does it improve my posture?



ANSWER

As you learned previously, your brain is a pattern creator. Your brain creates changes to your posture via different methods. One component is through habits. If you sit, stand or walk in a certain way for long enough, the sensors within your muscles begin to recalibrate to a new level of 'normal.' This change in muscle tension within your muscles will begin to alter your skeleton and weight transfer as you walk, sit and stand.

There is also an emotional component to your posture too. Your brain creates many subconscious (automatic) actions to help keep you alive. When you are feeling overwhelmed, stressed, operating on high functioning anxiety, in pain, apathetic, depressed or reactive, your brain will reveal this in your posture.

**Your posture is a reflection of your subconscious mind.
Whatever habits, behaviours, thoughts, emotions and limiting
belief you possess, they will show up in your posture.**

The Power of Pandiculation

Once again, the power of pandiculation comes into its own within the area of posture. Pandiculation releases the pathways of tension created from head to toe from your subconscious brain patterning. The process of Pandiculation allows you to sense and feel where movement within your muscles have been missing and allows you to re-introduce efficient muscle memory & coordination.

Pandiculation increases your internal awareness (interoception) and external awareness of how you move in space (proprioception). This helps within improving posture & poise.

Why is Mindset important?



ANSWER

Mindset is a crucial component to Clinical Somatics and within The Total Somatics Membership, I delve into this area in great detail. The reason for a focus on mindset is that over the years in Clinical practice, I have noticed how people can know the choreography of Pandiculation, however their approach beforehand doesn't support their personal practice.

If a person continues to adopt a mindset which will create stress, overwhelm, high functioning anxiety, despair, negativity and apathy, no amount of pandiculation will change the entire state of the person. Neuroscience and Neuropsychology highlights the importance of mental wellbeing. So applying mindset principles to your Total Somatic practice creates a global approach to your neuromuscular health and wellbeing.

Mindset is an important part of the puzzle when you are considering your neuromuscular health. Whatever you focus on, grows. This focus can either create empowering or dis-empowering feedback to your neuromuscular health.

Somatic Movement & Mindset

I cover many areas of Movement, Mindset & Mindfulness within my podcast. Go to <https://bit.ly/NEGATIVETHOUGHTS> which is episode 98, entitled "Weed out negative thoughts." You will notice how instrumental a healthy mindset is to your overall health and wellbeing.



Why are the Total Somatics membership doors closed?



ANSWER

In order to be fully present and available to The Total Somatics members, I only open registration for a limited number of days, a few times each year. This is to ensure I keep my finger on the pulse with members and serve them with their queries and questions. I hold monthly workshops and Q&A sessions, so this tailored approach allows me to listen to the needs of the members.

I create quality content and spend time considering from the interactions within the membership, what is required in the upcoming workshops. This membership is dynamic and evolving with the members and their feedback.

In order to meet the needs of The Total Somatics global community, registration to join the membership is limited to a few days each year. The rest of the time, I am fully focused on the members and helping them with their health & wellbeing intentions.

Wait list

If you would like to be notified the next time I open registration for the Total Somatics membership, go to www.TotalSomatics.com, click on the 'Join now' page and leave your details. You will be the first to find out about the membership and any other LIVE online events I will be holding throughout the year.

TO JOIN THE WAITLIST: <https://totalsomatics.com/join-now/>

Total Somatics Transformations

Total Somatics continues to transform the lives of people around the world. From postural changes, to pain management, to enhancing their skills and awareness, to the prevention of recurring injuries and pain. It has been so inspiring to read and hear their comments and I would love to share them with you.

Go to https://totalsomatics.com/case_studies/ to view many of the AMAZING transformations.

Learn how to work smarter, not harder with your beautiful, intelligent brain and body with Total Somatics and feel and experience the following benefits:

- ✓ Relax Tight Muscles
- ✓ Take Pressure Off Your Joints
- ✓ Switch Appropriate Muscles On & Off
- ✓ Improve Mobility & Range Of Movement



Active 1 h ago



Over the years I've practiced many forms of body/mind oriented therapies, but there seemed to be something missing until I found Somatics. I've been either stuck in the depths of the corrugations or moving from one tip to another and bypassing the flow of movement. Total Somatics -throughout the day, has allowed me to sense the pattern of flowing up and down the corrugations. There's a lot of 'stuff' in there! This, I believe is helping me to 'widen that window' & work through my own personal trauma,'s . I still use my favorite modalities,- but they work much better with the extra boost of Somatic practice. 😊



6 Apr • 🗣️



~~Wow, had a proper look~~

Wow, had a proper look today, it is brimming with moves and support, I love it x

1h Love Reply



Hi Heidi,

Ive been so very grateful for what you have created in the membership and all the material I was able to access online before I became a member. Its an incredible body of work and it has changed my life - I want to send my heartfelt thanks!!! I

Hi I am Ajit and I am from India .My experience with Total Somatics has been incredible and more so with Heidi Hadley as a mentor . My inquisitiveness on the subject has been fully satiated with her patient efforts explaining every intricate detail . I believe today I have reached a high level of floor practice with complete awareness along with a vivid consciousness of the need to practice what I do on the floor in my daily life . I have slowed down my mind considerably and am bringing my body in sync with my mind . All this would not have been possible if I did not have a full understanding of how to practice total Somatics ... thanks to the singular dedication of Heidi who has so willingly helped me grasp the basics and is now guiding and working with me to get to the next level of living a complete life through the practice of total Somatics.



"I have been practising Somatics for a few months now & can honestly say it is the only therapy I have known to have such immediate and noticeable results....I always look forward to my Somatics time!"

Total Somatics - Total Somatics client



BEFORE YOU GO...



Stay connected through my weekly podcast "Somatic Movement & Mindset" available on all major podcast platforms.

PODCAST LINKS:

AUDIO: <https://totalsomatics.com/podcast/>

VIDEO: <https://www.youtube.com/c/TotalSomatics/videos>

Also stay connected with me via The Total Somatics You Tube channel:

<https://www.youtube.com/c/TotalSomatics/videos>

Throughout the year, I hold LIVE online events, so stay connected with me by subscribing to my weekly blogs: <https://totalsomatics.com/join-now/>

To benefit from the rich resources within The Total Somatics Membership and my ongoing support, click the link below to join the wait list

[**JOIN THE TOTAL SOMATICS WAIT LIST**](#)

I look forward to connecting with you soon!

All my love & best wishes,

Take care,

Heidi Hadley xx



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Mindset Podcast with
Heidi Hadley!**



Get expert wellbeing advice, unpack the jargon
and enjoy interviews with industry leaders.

