

These reflexes have been slightly adapted from Thomas Hanna's 1988 book, *Somatics, reawakening the mind's control of movement, flexibility and health*. We adapted them with an intention to reprogram and retrain our reflex responses, deepening the support and structure of our bodies, physically and mentally. The movements are called **PANDICULATIONS: our nervous system's natural way of waking up our sensorimotor system and preparing us for movement; contract, hold and release muscles as an intentional practice for working out sore spots. Do all red light movements, followed by green light movements. With regular practice, they each become a fluid motion and that muscle memory will send new signals to your brain.**

Red Light Reflex

Close your eyes
Create tension in your jaw
Create tension in your face
Pull your neck forward
Lift your shoulders
Flex your elbows
Clench your fists
Flatten your chest
Tighten your abdominals
Contract your diaphragm
Hold your breath
Contract your butt
Rotate your thighs inward
Move your feet to pigeon-toed
Pull your thighs toward center of body
Bend your knees slightly
Tighten your foot, lifting the arch

Sensory Feedback - subjective feeling of fear

Green Light Reflex

Open your eyes
Relax your jaw and face
Pull your neck backwards
Pull your shoulders down
Extend your elbows
Open your hands
Lift your chest
Lengthen your abdominal muscles
Relax your diaphragm
Relax your butt
Extend your thighs
Rotate thighs outward
Move your feet to Duck-like posture
Pull your thighs away from your body
Straighten your knees
Extend toes as far out as possible and then turn them inward

Sensory Feedback - subjective feeling of effort