

Somatic Action: BodyMind Movements

Photo Video Demos

BodyMind Movement 4

BODY POSES: CALMING/LIBERATING

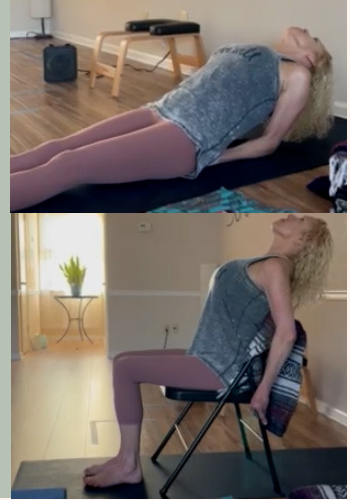
Fish Pose

[Click here for a video in which Revitalize Project Coach, Stephanie Lacy, demonstrates a Fish Pose.](#)

BODY POSES: EXPANDING/FORTIFYING

Camel Pose

[Click here for a video in which Revitalize Project Coach, Stephanie Lacy, demonstrates a beginner-level Camel Pose.](#)



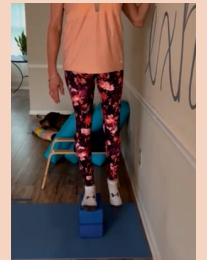
BodyMind Movement 8

PSOAS MUSCLE RELEASE MOVEMENTS: VOLUNTARY PANDICULATION

Leg Swing.

Here are additional instructions to support your form and technique.

- Focus on the muscles surrounding the hip of the weighted foot. Tighten the muscles as if you were driving your leg down into the ground. Next, tighten the hip muscles so that you are also simultaneously pushing your leg in towards your body. You should feel the non-weighted foot rise and move outward naturally as you do this.
- Hold that position long enough to really feel yourself pushing that weighted leg down and in. Make sure the other leg is relaxed. Once you feel that you can keep squeezing in that position, move on to the next step.
- As you continue to drive your weighted leg down and in, begin to slowly swing your non-weighted leg forward and back making sure to only swing at the hip and not the knee. Your upper body should also remain stable without swinging.
- The swinging leg should be relaxed and not contracted. Place your hand from your swinging leg on your hip as a cue to swing from the hip and keep your upper body stable. Do this for as long as you can and then build up from there. It may be only 10 seconds at first. Doing it correctly is more important than doing it for a longer time.
- Gradually slow down the swinging leg and step down from the object. Switch to the other leg and do the same. You should feel a shift in how your muscles feel: maybe tired or heavy or maybe easier to move and relaxed. Do this multiple times a day to see if you also begin to feel a shift in emotions or a sense of calm or relief.



[Click here for a video in which Revitalize Project Coach, Stephanie Lacy, demonstrates a basic Leg Swing exercise.](#)

Pelvic Tuck.



[Click here for a video in which Revitalize Project Coach, Stephanie Lacy, demonstrates the Pelvic Tuck.](#)

PSOAS MUSCLE RELEASE MOVEMENTS: STATIC EXERCISE OR WITH VOLUNTARY PANDICULATION

Bolster Tower.



[Click here for a video in which Revitalize Project Coach, Stephanie Lacy, demonstrates the Bolster Tower.](#)