

Sometimes the mind carries too much. This is your invitation to come back to the body—to release, to settle, to reconnect.



PAUSE BY THE FIRE

SOMATIC PRACTICES
FOR YOUR BALANCE WHEEL
Simple ways to release, regulate, and reconnect.

DIFFERENT
TRAILS.
A WHOLE YOU.



SAME JOURNEY.



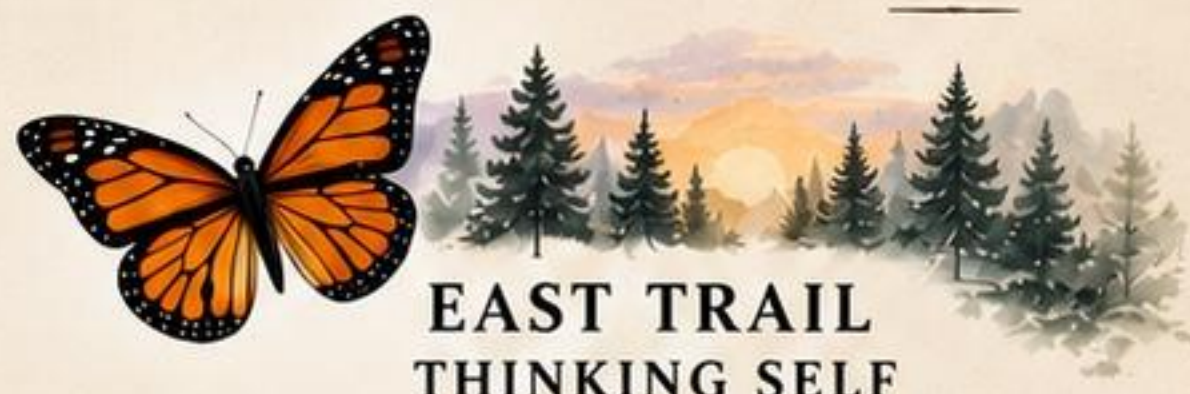
NORTH TRAIL PHYSICAL SELF

Safety • Sensation • Regulation

When your body feels heavy, tense, or overwhelmed, start here.

- Legs up the wall (5–10 minutes)
- Barefoot grounding (stand, feel your weight)
- Gentle shaking (hands → arms → whole body)
- Wall push (press hard for 10–20 seconds)

This supports: a calmer nervous system, less tension, better circulation, and a foundation for emotional release.



EAST TRAIL THINKING SELF

Awareness • Reflection • Clarity

This is where you notice what shifted—without overthinking.

- Body scan (Where do I feel this in my body?)
- One-sentence reflection
- Quiet awareness after movement
- Simple journaling (keep it gentle)

This supports: clarity, insight, and integration of your experience.



SOUTH TRAIL EMOTIONAL SELF

Expression • Release • Movement

When emotions feel stuck, let them move.

- Free-form movement or dance (no rules)
- Punching a pillow or pressing into something
- Sound release (sighing, humming, crying, voice)
- Curling into a ball → slowly opening

This supports: the release of stored emotion, less overwhelm, and a restored sense of flow.



WEST TRAIL SPIRITUAL SELF

Connection • Surrender • Peace

This is where you soften, trust, and reconnect.

- Hand on heart + slow breathing
- Humming (low, steady tone)
- Stillness after movement
- Prayer, reflection, or quiet presence

This supports: inner calm, trust, and a sense of being held beyond control.



SIT BY THE FIRE

After any practice, take a moment:

- What shifted?
- Where do I feel more space?
- What emotion moved?

*You don't need a long answer.
Just notice.*



A SIMPLE PATH

When you're not sure where to begin:

Start with the body
↓
Let the feeling move
↓
Rest in stillness
↓
Gently notice



REMEMBER

You don't need intensity.
You don't need to force release.
You don't need to figure it all out.
You need consistency, safety,
and permission to feel.

*Just begin with the body.
The rest will follow.*

