



Video Transcript

Somatic Energy Practice To Restore And Reboot

Hello goddesses. Thank you so much for joining me today for today's quick energy reboot. My name is Raquel and this practice is so beautiful. If you need that quick energy reset throughout your day. This might be a beautiful practice to incorporate if you just have a couple of extra moments during that midday slump, or instead of grabbing that second cup of coffee, you can move the body in these somatic ways and start to feel the effects in real time.

So during this practice, we'll be standing the whole time. You can start to come all the way up standing just as I am. Your feet are about more than hips width, distance apart here. And before we get started, we're gonna start to bring that energy outside of our thinking mind and all the way down into the body.

So you might take a moment here to just allow for a little bit of bend in your knees. We'll start to make sure that both feet are firmly planted and rooted on the grounds beneath you. And you might even take a moment here to gently start to close the eyes and flutter the eyes shut. Both hands can be facing upward.

And from here, drawing awareness all the way down to the feet, all the way down to the base of the feet and the toes. You'll take a moment here to notice where the weight is on your body. Noticing if you feel more of the weight and the toe somewhere in between the middle or all the way back on the heels.

Offentimes when we tend to sit back in life. Allow life to pass by. We might end up being a little bit more on the heels, maybe we're rushing through life. We're constantly on the go. We have a

lot going on. We might have more energy in the toes or when we are a little balanced and in the middle, which is the goal of today.

We are right in the middle. Equal rate, weight in the toes, equal weight in the heels. So taking a moment here without judgment, just noticing where that weight is for you. And seeing if you can consciously start to send that weight into the center. As you start to feel into that weight, starting to send that energy from the hips all the way down through the legs, down to the base of the feet, feeling more rooted, more grounded in this moment.

It's sometimes even nice to imagine as if your whole body is this oak tree. Your legs are the roots, your hip is the trunk, and then your arms are the leaves and the branches. Noticing here, throughout this practice today, everything that we're doing is to reboot you, but from that space of continuing to be grounded in your body.

So from this space today, before we get started, with those eyes shut, noticing the whole length of your body from the crown of your head down through those hip bones, and then all the way down to the base of the feet. From this space, we're gonna start to bring the shoulders up towards the ears, opening up that chest.

So move that through just a few rounds here. Full breath in, shoulders up. Exhale to open the chest. One last time here. Full breath in. Full deep breath out. We're gonna start to open up the feet a little bit wider here, and we're gonna start by gently twisting out the body. So on your next inhale, you'll gently start to swing the arms over towards the right as your torso comes towards the right, all the way back to the left.

And we'll gently pop back and forth here swinging from side to side. And you might even tap both kidneys right at the back. Continuing to allow the body to open up, feel a little bit more of that lymphatic drainage as we start to tap the body, and you can move quicker here. Since this is an energy reboot, let's see if we can invite in the breath.

Few more rounds here. You're doing great. And one last one. Awesome. Starting to feel some of that energy moving through the body before we move through one of my favorite breath practices called Breath of Joy. We're gonna start to tap out the body. So we'll start here at the crown of the head starting to relax that mind, that thinking, mind that you've been working so hard all day at working on using.

Seeing if we can allow with each and every tap to allow the mind to settle. Continuing that tapping down through the front of the forehead, the sides of the temples, down through the cheeks, that jawline. Moving as slow or as fast as feels good for you in this moment, but with each and every tap, seeing here, how the body starts to settle, just through that awareness, just through that tapping sensation, we start to get through the chest and the heart.

You might be a little bit more gentle with yourself here, or you might even spend some time at your thalamus gland, which is right here in the center. This is the space that continues to ease and relax you into your rest and digest response. So you might take a moment here to breathe into this space.

Full, deep. Inhale. Full Exhale out. Two more times. Full breath in. Full deep breath out. One more here. Full breath in and fully letting it go. We're gonna continue that tapping sensation down through the sides of the rib cage and belly. You might begin to add in your whole hand here as we start to move through these larger organs within the body.

And we'll start to come onto our left arm here. As you start to tap out the arm, like I said, you can be a little bit harder in these spaces. The body can receive a little bit extra love here, and we'll start to switch out that tap to the other side.

And if it feels good in these moments, as you're tapping to let out any noises that feel good for you, whether that be a grunt, whether that be a si, sometimes it's nice to let out to scream. Whatever feels good for you listening to your body. We'll start to come down onto the thighs. Getting a little bit more aggressive in these spaces as we move through our larger muscle group.

The spaces that work really, really hard for us every single day, but sometimes we tend to ignore beautiful, start to move all the way down to the shins, back of the calf, and you'll start to make your way all the way back up through the belly. Continuing to breathe here. You're doing amazing through the arms,

back through the neck and the shoulders. Making sure you get the back of the heart here, releasing as you tap through the shoulders. All in any weight you've been carrying from today. Don't need to carry it anymore. This is your space. This is your time to recharge. One last time, back up through the head.

You might take a moment here to just notice all that energy moving through the body, and you'll start to open up both hands and your Tadasana and your mountain poles, making sure the knees are vent here, closing the eyes, feeling that energy flowing through your body. And we will move into one of my favorite energizing breath practices known as Breath of joy.

So we're gonna use more of an invigorating breath. It's in and out through the nose, but they're nice and sharp. This is also known as bas gut. It's just nice and sharp in through the belly. In through the chest. The chest releases, the belly releases. We'll add in hand movements here. Your arms go up on the inhale arms go down on the exhale.

One more time. Inhale. Exhale down. So we'll do that together here. Full breath in, down.

Continuing to live with this at your own pace here. We'll move through a few rounds. You'll start to feel your heart rate pumping. You'll start to feel that energy moving throughout each and every inch of your body. Creating more aliveness, more presence in this moment, we'll do it three more times. Full deep breath in.

One last time here. Your best one yet. And you'll stop. Pause here. Bow with arms up in the sky, feeling that whole length of the body. Beautiful. Hold it at the top. Full, deep. Inhale, bow with hands can touch. Holding that breath here for 10, 9, 8, 7, 6, 5, 4, 3. Two, one full exhale letting it go. Arms come all the way back down towards the sides.

Hands open up back to your mountain pose. Closing the eyes, starting to feel into the whole body here. Feeling the aliveness, noticing the body starting to recharge. Reboot they noticing how quick it can be through a little bit of mindful movement, a little bit of breath. And a little bit more connection with yourself.

I hope you have the most beautiful rest of your day and enjoyed this quick energy reboot. I hope to see you again soon. Thank you.