



# Healing Movement with somatics

Maria de Sousa//Healing Movement

## The ankles and feet

### Notes:

Repeat each movement for a minute or so or whatever it is good for you.

Stand – somatic scan – bring your awareness to your feet, sense the weight of your body in each foot. Where is the weight, balanced between both feet or is it more on one foot than the other and is it more on the heels or the front of the feet? Can you feel all the toes in contact with the floor or just a few. Is it the same on the other foot. Go for a walk around the room and notice how your feet contacts the floor.

Sense your uprightness and your head sitting on top of your spine. Don't change/correct anything, just sense what's there for you in this moment like so you find out what your habitual pattern is and (postural) habits are.

Lie on your back – somatic scan – how does it feel today to lie on the floor. Is it comfortable or not so? What parts aren't comfortable? Connect to those and feel compassion and love for those parts. Now notice the contact of yourself against the floor from the heels to the back of the head. Notice what's touching the floor and what's not. Also notice the differences between left and right sides. It's very likely that one side feels different to the other. Notice. Keep a few mental notes of what you found/sensed so that at the end you come here and see what may feel different.

Bend the knees, feet flat. Focus on the right foot. Keep the front of the foot down and slide the heel to the left, then to the right – do each for a minute or so. Notice the movement in your ankle and knee. Then slide the front of the foot to the right then left, pivot on the heel, keep the heel down. Then alternate.

Rest.

Lift the heel, keep front of the foot down. Then lift the front of the foot, first toes then ball, bring down ball, then toes – do each for a minute or so. Then alternate.

Rest.

Now tap the heel as fast as you can.

Rest.

Now tilt the foot onto the outer edge, the knee doesn't move, its a tiny movement in the ankle.

Emphasise the arch of the foot as you tilt. Then tilt to the inner edge. Then alternate.

Rest with the legs long – notice the differences between one leg and the other.

Do it all on the other foot.

Rest.

Knees bent again. Bring knees and feet together. Now move both feet and the same time (same movements as before). First move the heels to the right then to the left. Then alternate. Then move the front of the foot to the right then left then alternate. Then lift heels and then front of the feet. Then alternate.

Rest with long legs – somatic scan.

Stand – somatic scan – how does your feet feel on the floor.

End.