



Soma Space

Where Feelings Get Physical

"SOMA-2-GO" PERSONALIZED INNER FITNESS AUDIO CATALOG



These are the clips available for you through DEC 2007. Select any 4 & I'll add a wildcard one in there. Get two for \$15 til 12/31!

SOMATIC BASICS		SUPPORTIVE CONNECTING RITUALS	
1 Standing Fish	5 Outer Target Breathing	1 Palmer Eyes	5 Overtoneing
2 Bob Marley Warm-Up	6 Power Breathing	2 The Fish	6 Smile Line Charger
3 Windmills	7 Pant-A-Lot	3 Weaving Timeline	7 4 Pattern Breathing
4 Inner Target Breathing	8 Kidney Tuck	4 Cheekbone Sweep	8 Visual Purplex
PASSIVE EXERCISES	ACTIVE EXERCISES	REJUVENATING CONNECTING RITUALS	
1 Gut Grounder	1 X-Crawl, Walk Tall	9 The Child	13 Foot Brain
2 NWB Ankler Opener	2 WB Ankle Opener	10 Standing Flamingo	14 Wall Walking
3 Quick Screen	3 Manual Rooting	11 Rollerball	15 Heel Pivot
4 Stillcenter Breathing	4 WB Lean Two	12 Arch Relax	16 Pineal Pitstop
DOMAIN NARRATIVES	PORTABLE CHALLENGES	DETOXIFYING CONNECTING RITUALS	
PHYLO	DO-RAY	17 Sitting Flamingo	21 Hands On Thighs 1
ONTO	ME-FAH	18 Power Breathing	22 Hands On Thighs 2
ICO	SOL-LAH	19 Balloon Class	23 Belly Clock
EXO	TEE-DOW	20 Post-It Diary	24 Thermal Blanket
SOMATIC CENTERS		SENSORY OVERLOAD RESETS	
1 Somatic Center #1	4 Somatic Center #4	1 Starfish	4 Time Pointing
2 Somatic Center #2	5 Somatic Center #5	2 From The Ground Up	5 Breath Deprivations
3 Somatic Center #3	6 Somatic Center #6	3 Magellen Meditation	
SPINAL SWEEPING		RE-MINDERS	
1 Masteroids	4 Okie Pokie	1 Frozen Finger Rooting	5 Icicle Thinking
2 Neck Riders	5 Lumbar Jack	2 Summer Coloring Book	6 Summer Diary
3 Rhomba	6 Fascia Lotta	3 Friendly Scents Oasis	7 Spring Desk
	SIMPLES	4 Fall Dream Diary	8 Fall Fone Fun

Client Name _____ Date ____/____/____