



Caring for Yourself After a SomaYoga Session

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Signs/Symptoms of Sensory Motor Amnesia:

Headaches, nausea & emotional responses (anger, frustration, joy) are all signs that you are getting into muscles that have been unconsciously tense & contracting. Even though these symptoms may not feel good, it is actually a good sign that you're getting into areas of long-held tension and potentially finding more freedom.

Delayed Onset Muscle Soreness (DOMS) – this can show up 24-48 hours after, and shouldn't last more than a few days. It is caused by lactic acid build up being released into the blood stream.

Fatigue – muscles might be tired; brain might be tired. Remember: this is brain work!

Swollen glands – moving our body in new ways means moving lymphatic fluid that cleanses toxins. Lymph glands can be swollen and may even create cold-like symptoms

Increased Range of Movement

Less pain & stress

Freedom in movement!

**this is not a complete list of what can show up when doing SomaYoga. If you are experiencing something and have questions, please contact us: info@yoganorthduluth.com*

Care for yourself to get the most from the session:

Drink plenty of water

Do **slow, mindful movement** that is easy on your body, such as going for a slow walk

Avoid doing movements that are big, fast or “high load”. This includes heavy lifting, big workouts, and fast/spontaneous movements such as going for a run. It is amazing what you can notice about your body when you slow down, and doing too much too fast can put us right back into our habit that causes pain/tension.

Any **other practices you would normally do for inflammation** or sore muscles: Epsom salt bath, ice, heat, anti-inflammatory regimen

Pay attention to how you feel & notice how you move

Revisit your home practices before going to bed while they are still relatively fresh in your mind.

Avoid movements that aggravate pain and tension. If/when you do return to these activities, see if you can go slow and pay attention to notice what postural habits might be contributing to your pain.