

What is Sensing yoga?

It is a yoga form with a nice flow. It is gentle based on simple movements that are as natural as possible. 'Sensing' means to feel. We experience the body from deep inside and we make movements on our body's own terms.

We use different techniques that make us, among other things, release tension in our bodies. We work with shaking and rocking movements that partly calm the nervous system and make it feel jelly like inside. It is when we move in this way that we begin to loosen our connective tissue, we get it lubricated and soft again and it allows us to get rid of slag and toxins out of our systems while reducing inflammation, pain and stiffness.

Pandiculation - is a yawn for your body. It is a kind of a tension and muscle release. The difference between pandiculation and normal stretching is that in a stretching, you send a signal to your spine and you stretch your muscle, but in a pandiculation you take the signal all the way to the brain and reprogram the nervous system through an expansion and a change might happen in muscles and soft tissues.

Soma scan - is the Greek word for body and soul, experience your body deep inside. During this session we do a soma scan and it helps you in the reprogramming between the brain, muscles, and soft tissues. So, when you scan the different parts of the body up and down a couple of times, you collect information about what is happening in the body.

What can happen when you start doing Sensing Yoga?

- You start to feel calmer and more peaceful.
- You might sleep better.
- Your body may want to move more naturally, for example after sitting still for too long.
- You may need to drink more water to re-hydrate.
- You can feel like you have a fever, and this is because the connective tissue begins to release toxins that are stored in our system.
- Pain of old injuries can resurface and eventually disappear when the connective tissue and nervous system come into balance again.