

What is SRI?

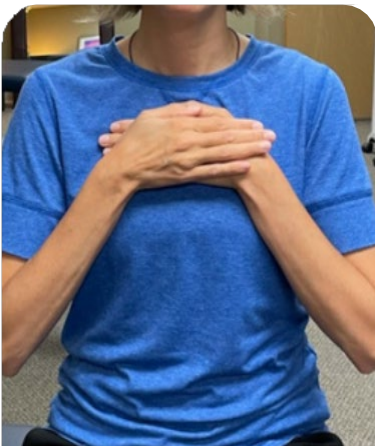
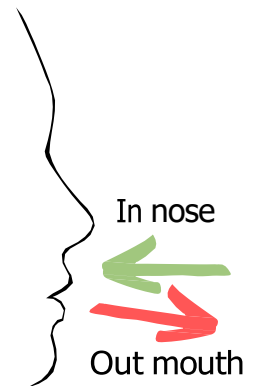
Somato Respiratory Integration (SRI) Exercises are exercises of breath, touch, and movement that you can do on your own to enhance your spinal awareness and gain better results with your NetworkSpinal care. **Based on Dr. Donald Epstein's book 'The Twelve Stages of Healing', SRI helps you find more energy to heal, right inside your body.** We carry the book and workbook here in the office if you would love to purchase it.

SRI Stage 1: Using breath, focus, and movement in specific ways, you'll discover areas that are **'online'** (anchors for ease, energy, and resourcefulness), and areas that are **'offline'** (anchors for pain, tension, or stress). **Just finding this difference starts a nervous system upgrade.**

SRI Stage 1 – Practice Position: Lie on your back with your knees bent and your feet flat on the floor, or practice seated. Find the most comfortable position for your body.

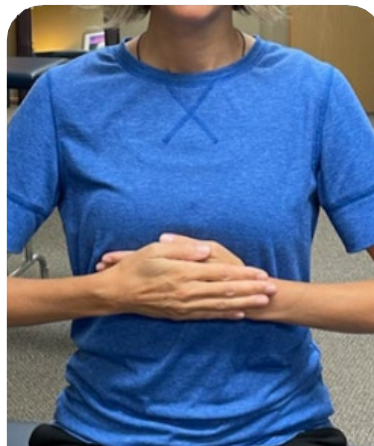
Breath: in nose/out mouth (breath should be easy and quiet)

Hand position: Hands are stacked palm over palm, fingers together. Narrow your focus to the spot right under your hands.



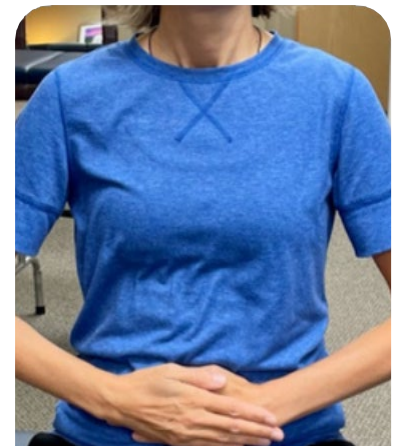
Position 1

Place hands on your **upper chest**, below the clavicles. Breathe in the nose and out the mouth. Notice how the breath fills the space as you breathe in and the upper chest rises.



Position 2

Place hands where the ribs come together, at the **solar plexus**. Breathe in the nose and out the mouth. Notice what it feels like to find and expand this space as you breathe.



Position 3

Place hands over your **belly button**. Breathe in the nose and out the mouth into your lower abdomen. Notice the rising of your belly button up towards the ceiling.

STEP 1: Take 2 'check-in' breaths at each of the 3 positions.

Imagine your hands were stethoscopes, so you are 'listening with your hands' instead of trying to change or do anything.

Let your attention rest right under your hands. Take 2 slow, easy breaths at position 1 (holding the other spots still). Then, move your hands to position 2 and repeat. Follow with position 3. Relax your hands by your sides when done with this check-in.

Observe at each position:

There is no need to change or fix anything. You are simply noticing.

- How does your breath feel at each position? Is it easy, restricted, audible, silent, smooth?
- Do you want to stay there? Do you want to get away?
- Is there any movement under your hands? If so, is the movement jumpy or smooth?
- How is the range of motion in each spot? Is the area lifting as you breath in?
- Can you focus better in any of the spots?
- Do any feelings or emotions come up in any spot?

Of the 3 positions, pick two that you'll use for the next step:

- **One easy spot** ('online', the most connected, resourced). *We call this the area of peace.*
- **One hard spot** ('offline' or disconnected, limited)

Step 2: Help your brain see the difference and share resources between the two.

- Take 3 Breaths at the easier position (*imagine gathering the peace and resources*)
- Followed by 2 breaths at the more challenging position (*sharing the ease and resources*)

Repeat the above a few times. Bring more focus, time, and energy to the area of peace, and see what happens when you bring that resourcefulness to the more challenged area for a breath. Just like how I work with your spine, bring more energy and focus to where things are working. Observe what you notice as you share the ease from the area of peace to the other area.

Once you get the first two areas going you can bring in the 3rd area and share resources there too. **Ultimately you want all three areas to become fully resourced as you continue the practice.**

Optional Declaration:

You can **supercharge your Stage 1 connection** by finding any emotional charge. Try saying a declaration before you inhale at the more restricted area.

A declaration is a statement that matches the experience you're having right now at that disconnected area.

"Sometimes I feel _____." (disconnected, stressed, like this will never end, like nothing works)

"Sometimes it seems _____." (hopeless, impossible, hard to make this work)

REST your arms at your sides and return to natural breath.
OBSERVE any changes or discoveries.