



The Survival Pattern

YOUR BODY

The jaw and pelvis are fascially connected. When your nervous system enters threat mode, the jaw locks first — and the pelvis follows. A locked jaw will always limit your split.

YOUR PATTERN

Aries holds tension in the face and neck — the muscles of survival. You may have learned to keep your expression controlled, your reactions contained. The body remembers what the face was never allowed to show.

YOUR PRACTICE

- 01 Jaw Drop Release — open wide, hold 5 sec, let it fall. 3x.
- 02 Tongue-to-Palate Breath — 4 in, 6 out. 5 rounds.
- 03 Butterfly with open jaw — notice what changes.

YOUR QUESTION

Who are you when you are not surviving?