

The Thinking Pattern

YOUR BODY

The shoulder girdle and the hip girdle are neurologically linked. When the shoulders are elevated and braced, the hips tend to follow. Open hands signal safety to the nervous system — and safety opens the hips.

YOUR PATTERN

Gemini lives in the mind. When feeling becomes too much, the mind leaves the body. You may understand flexibility intellectually while struggling to access it physically — because understanding and inhabiting are different things.

YOUR PRACTICE

- 01 Shoulder Drop — ears to shoulders, release. 3x.
- 02 Open Hand Frog — hands completely flat, fingers spread. Feel the difference.
- 03 Frog with closed eyes — practice staying in the body.

YOUR QUESTION

Can you stop thinking about your body long enough to actually be in it?