

28-DAY SOMATIC EXERCISE PLAN FOR BEGINNERS

How to Get the Most from Your 28-Day Somatic Exercise Plan

This guide explains how to practice safely and effectively throughout the 28 days so your body can relearn comfort and balance.

1. Awareness Comes First

Move slowly enough to feel each stage of motion, the start, middle, and finish. If you stop sensing the movement, slow down even more. The goal is to notice, not to perform.

2. Focus on Sensation

There's no perfect position or shape. What matters is the feeling of lightness and release inside your body. Try practicing without mirrors or distractions so you can tune in to how each motion feels rather than how it looks.

3. Breathe Naturally

Avoid holding your breath, it creates unnecessary tension. Let your breath move freely. Exhale softly when there's effort, inhale as you return to ease. Breathing this way helps your body stay calm and present.

4. Consistency Matters More Than Duration

Short daily sessions are more effective than one long workout a week. The nervous system learns best through repetition and gentle rhythm. Fifteen to thirty minutes a day is enough to help your body build new movement habits.

5. Don't Force or Stretch Too Far

Stay within a pain-free, comfortable range. If you feel resistance, pause, breathe, and make the motion smaller. Your body will naturally open up with time.

6. Practice in a Calm, Comfortable Space

Choose a quiet, warm area with a mat or soft surface. Wear loose clothing that lets you move freely.

Keep the space free from distractions and treat the session as a few minutes of genuine care for yourself.

7. Recenter After Practice

Drink some water after each session and take a few grounding breaths.

If you feel emotional or light afterward, place your hand on your stomach and breathe until you feel steady again.

8. Notice the Small Changes

Progress often shows up subtly — easier breathing, calmer reactions, deeper rest, or lighter movement.

These small shifts mean your body is returning to balance.

You might want to note these moments in a short journal or use the progress tracker over the 28 days.

WEEK 1 – Awareness & Release

Goal: Reconnect with the body, improve awareness, and release accumulated muscular tension.

Guideline: 3–4 exercises • 1–2 sets • 5–8 slow repetitions or 15–30 sec holds.

Day	Exercises	Reps / Sets	Focus / Benefit
Day 1	Arch & Flatten	2 × 8	Awakens spine mobility, releases back tension.
	Shoulder Circles	2 × 6 each direction	Eases upper-body stiffness.
	Pelvic Rocking	2 × 10	Reconnects core to hips.
Day 2	Seated Deer Pose / Pandiculation	3 rounds each side	Restores muscle control.
	Side Bend	2 × 6 each side	Lengthens torso.
	Cervical Nod & Slides	2 × 8	Releases neck and shoulders.
Day 3	Constructive Rest	1 × 3–5 min hold	Deep relaxation.
	Grounding Touch	2 × 5 breaths	Centers awareness.
	Tidal Breath	3 × 10 breaths	Promotes calm.
Day 4	Pelvic Clock	2 × 1 full circle each direction	Improves pelvic awareness.
	Knee Press	2 × 8 each leg	Engages core.

	Partial Curl	2 × 6	Strengthens abdominals.
Day 5	Wall Work	2 × 8	Encourages upright posture.
	Whispered Ah	3 × 5	Releases jaw tension.
	Head Forward & Up	2 × 5	Improves spinal length.
Day 6	Segmental Bridge	2 × 8	Mobilizes spine.
	Slow Cat/Cow	2 × 6	Improves spinal fluidity.
	Reclined Butterfly Pose	1 × 1–2 min	Opens hips.
Day 7	Floating Arms	2 × 1 min flow	Calms nervous system.
	Gentle Eye Movements	2 × 8 directions	Eases visual tension.
	Constructive Rest	1 × 5 min	Integration and rest.

WEEK 2 – Alignment & Gentle Strength

Goal: Develop body symmetry, posture alignment, and functional awareness.

Guideline: 5 exercises • 2–3 sets • 8–10 reps or 20–30 sec each.

Day	Exercises	Reps / Sets	Focus / Benefit
Day 8	Pelvic Clock	2 × 8 circles	Core balance.
	Side Bend	2 × 8 each side	Elongates side body.
	Knee-to-Chest	2 × 6 each leg	Lower back release.
	Floating Arms	2 × 1 min	Shoulder relaxation.
	Wall Work	3 × 8	Posture support.
Day 9	Standing Pelvic Rock	3 × 10	Hip and lower spine mobility.
	Half Kneeling Hip Flexor Stretch	2 × 20 sec each	Opens hip front.
	Arch & Flatten	2 × 8	Spine flexibility.
	Spine Curl	2 × 6	Strengthens back.
	Grounding Touch	2 × 5 breaths	Stability and calm.
Day 10	Seated Side Body Stretch	2 × 6 each	Improves lateral motion.
	Pelvic Rocking	2 × 10	Core stability.
	Shoulder Circles	2 × 6 each	Shoulder mobility.
	Tidal Breath	3 × 10	Nervous calm.
	Constructive Rest	1 × 3–5 min	Integration.
Day 11	Monkey Pose	2 × 6	Functional movement.
	Knee Release Stretch	2 × 8 each	Hip mobility.
	Chair Squats	2 × 10	Leg stability.
	Diagonal Reach	2 × 6 each	Coordination.
	Cervical Nod & Slides	2 × 8	Neck awareness.

Day 12	Segmental Supine Twist	2 × 6 each	Spine relaxation.
	Walk the Dog	2 × 10	Leg flexibility.
	Downward-Dog Spinal Waves	2 × 6	Spinal flow.
	Locust Pose	2 × 5 (10 sec hold)	Strengthens back.
	Constructive Rest	1 × 5 min	Calm recovery.
Day 13	Gaze Stabilization	2 × 6	Visual balance.
	Partial Curl	2 × 8	Core strength.
	Torso Twists	2 × 6	Spine mobility.
	Cross Crawl	2 × 10	Brain-body coordination.
	Wall Work	2 × 8	Posture refinement.
Day 14	Grounding Touch	2 × 5 breaths	Centering.
	Seated Forward Bend	1 × 1 min	Hamstring release.
	Tidal Breath	3 × 10	Nervous balance.
	Constructive Rest	1 × 5 min	Integration.
	Whispered Ah	3 × 5	Tension release.

WEEK 3 – Integration & Flow

Goal: Combine body regions into smooth, fluid movement for total-body coordination.

Guideline: 6 exercises • 2–3 sets • 10 reps or 30 sec each.

Day	Exercises	Reps / Sets	Focus / Benefit
Day 15	Pelvic Rocking	3 × 10	Smooth core mobility.
	Frog Legs	2 × 8	Hip flexibility.
	Torso Twists	2 × 8 each	Trunk rotation.
	Standing Hamstring Stretch	2 × 20 sec each	Lengthens posterior chain.
	Wall Work	3 × 8	Postural alignment.
	Constructive Rest	1 × 5 min	Reset.
Day 16	Lying Twist	2 × 8	Spinal freedom.
	Diagonal Reach	2 × 6 each	Coordination.
	Starfish Stretch	2 × 5 slow flows	Opens chest.
	Head Forward & Up	3 × 6	Posture awareness.
	Floating Arms	2 × 1 min	Relaxation.
	Seated Forward Bend	1 × 1 min	Calm breathing.
Day 17	Pelvic Clock	2 × 8	Pelvic mobility.
	Cross Crawl	2 × 10	Neuromuscular integration.
	Monkey Pose	2 × 8	Functional coordination.
	Wall Work	2 × 8	Posture control.
	Navel Radiation	2 × 5 breaths	Core-limb connection.
	Tidal Breath	3 × 10	Centering.
Day 18	Undulation Movement	2 × 6 slow flows	Spinal articulation.
	Hip Extension	2 × 8 each leg	Joint release.
	Spinal Waves	2 × 1 min	Flowing motion.
	Segmental Bridge	2 × 8	Strengthens back chain.
	Constructive Rest	1 × 5 min	Relax.

	Whispered Ah	2 × 5	Tension relief.
Day 19	Grounding Touch	2 × 5 breaths	Centering start.
	Pelvic Clock	3 × 8	Lumbar mobility.
	Diagonal Reach	3 × 8	Cross-body coordination.
	Lunge	2 × 8 each leg	Hip opening.
	Hands on Back of Chair	2 × 10	Shoulder release.
	Tidal Breath	3 × 10	Integration and calm.
Day 20	Egg Roll	2 × 1 min	Relaxed spine flow.
	Starfish Stretch	2 × 5 slow flows	Full-body expansion.
	Reclined Butterfly	1 × 2 min	Hip openness.
	Seated Skater	2 × 10	Hip and core mobility.
	Cross Crawl	2 × 10	Coordination.
	Constructive Rest	1 × 5 min	Integration.
Day 21	Downward-Dog Spinal Waves	3 × 6	Spinal lengthening.
	Locust Pose	2 × 5 (10 sec hold)	Back strength.
	Seated Side Body Stretch	2 × 6	Side-body elongation.
	Gentle Eye Movements	2 × 8 directions	Calms senses.
	Tidal Breath	3 × 10	Emotional stability.
	Constructive Rest	1 × 5 min	Deep rest.

WEEK 4 – Expansion & Emotional Balance

Goal: Integrate somatic control with fluid, mindful, and emotionally grounding movement.

Guideline: 6 exercises • 3 sets • 10–12 reps or 40 sec holds.

Day	Exercises	Reps / Sets	Focus / Benefit
Day 22	Spinal Waves	3 × 1 min	Full-body fluidity.
	Diagonal Reach	3 × 8	Integration and balance.
	Frog Legs	2 × 10	Hip mobility.
	Pelvic Clock	3 × 8	Core connection.
	Wall Work	2 × 10	Upright posture.
	Constructive Rest	1 × 5 min	Grounding.
Day 23	Starfish Stretch	2 × 8	Chest expansion.
	Egg Roll	3 × 1 min	Relaxed flow.
	Standing Quad Stretch	2 × 20 sec each	Front thigh release.
	Lunge	2 × 8 each leg	Dynamic balance.
	Head Forward & Up	2 × 6	Neck lengthening.
	Tidal Breath	3 × 10	Calm awareness.
Day 24	World's Greatest Stretch	2 × 6 each	Whole-body activation.
	Spine Curl	2 × 8	Spinal strength.
	Segmental Supine Twist	2 × 8	Back release.
	Downward-Dog Spinal Waves	3 × 6	Coordination and flow.
	Navel Radiation	2 × 5 breaths	Centering.
	Constructive Rest	1 × 5 min	Relaxation.
Day 25	Undulation Movement	3 × 6 flows	Spinal articulation.
	Floating Arms	2 × 1 min	Shoulder relaxation.
	Spinal Waves	3 × 1 min	Movement integration.
	Grounding Touch	2 × 5 breaths	Rooting awareness.

	Tidal Breath	3 × 10	Calm and focus.
	Constructive Rest	1 × 5 min	Restorative close.
Day 26	Pelvic Clock	3 × 8	Core balance.
	Diagonal Reach	3 × 8	Upper-lower coordination.
	Cross Crawl	2 × 10	Brain-body synchronization.
	Wall Work	2 × 10	Postural alignment.
	Whispered Ah	3 × 5	Emotional release.
	Constructive Rest	1 × 5 min	Relax.
Day 27	World's Greatest Stretch	2 × 6 each	Mobility.
	Lunge	2 × 8 each	Lower body coordination.
	Downward-Dog Spinal Waves	3 × 6	Flexibility and breath.
	Navel Radiation	2 × 5 breaths	Inner core awareness.
	Floating Arms	2 × 1 min	Flow.
	Constructive Rest	1 × 5 min	Reset.
Day 28	Grounding Touch	3 × 5 breaths	Reconnection to body.
	Navel Radiation	2 × 5 breaths	Deep core awareness.
	Tidal Breath	3 × 10	Calm breathing.
	Constructive Rest	1 × 5 min	Stillness and grounding.
	Gentle Eye Movements	2 × 8 directions	Relaxation.
	Mindful Stillness	1 × 5 min	Closing reflection.