

- After an animal goes on the alert for danger, it automatically releases any excess SNS energy (not already discharged in running away or fighting) by rolling, running, shaking or trembling. Similarly, the Body Shake-Out is one way for you to quickly release stress (adrenaline and cortisol) from your system.

How To:

- Start by shaking out your wrists, the way children do – vigorously.
- Now shake your wrists and elbows vigorously... Add your shoulders into the shaking.
- Now include your neck in the shake-out, as well as your wrists, elbows and shoulders.
- Shake out your chest and hips. Bounce and move your knees. Shake out your ankles and finally shake your whole body!
- Complete the SNS Body Shake-Out by bending forward from the hips and shaking out your jaw, shoulders and arms. Let your mouth hang open and even relax and shake out your tongue! Slowly straighten from the hips. Take a breath, relax, smile and sigh out slowly.

2. Free Movement

- Movement is an expression of Life. Find any excuse to move: stretch and dance as often as possible during the day to integrate your brain hemispheres and produce endorphins of pleasure that boost your immune system.
- Endorphins have a close association with memory, so movement done during any learning process helps you remember with pleasure what you have learned.
- Remember what one 95-year old lady said when she was asked what she did to stay so youthful and active: “I dance and sing all day!”