



# Muscle awakening

## *Santé autonome* workshop

Site: <http://lebonheurespossible.net>

Translation of: <http://lecorpsaccorde.com/docs/atelier/fiche04.pdf>

Based on: *Le Corps accordé* (Andréine Bel, 2014) pages 344-350

1. Muscle awakening is an exercise providing:
  - a **warming up**
  - the activation of muscle chains triggered by one's **listening to their needs**
  - the discovery of individual movements **most beneficial** at the moment
2. This exercise is akin to movements that we **spontaneously** accomplish at the time of waking up. (Watch your kids and pets!)
3. Start from a **quiet and neutral position** with a great latitude for movement: lying on a mat, sitting or standing against a wall.
4. Observe which muscle is **in greater need** to vibrate, shrink, stretch, twist...
5. Respond to this need allowing the muscle to work without haste until the movement spreads along a muscle chain, then another one etc. as long as the need is felt.
6. Responding to the needs of muscles exerts an influence on body structure and adjusts the posture.
7. A **gradual warming** and **wellness** are observed during and after this practice.
8. You may feel like memorizing some movements to use them later in **intensive workout**.
9. Muscle awakening is based on **spontaneous** work of your body which you decide to follow up. It may also facilitate the triggering of **semi-involuntary movements** such as yawning, sneezing or any form of "regenerative movement" (*katsugen undō*).

Source: <http://lecorpsaccorde.com/docs/atelier/MuscleAwakening.pdf>

✉ [bernabel@gmail.com](mailto:bernabel@gmail.com)

Copyright Bernard Bel, 2016