

## **The Muses Lecture Notes**

*“The body doesn't just house trauma; it houses resilience”*

Let's begin by arriving. Take a moment to notice where you are.

The room. The floor beneath you.  
The weight of your body meets gravity.

Let go of your beautiful intellect for now. This is an invitation to listen with the body and to the stories held within it.

Tonight, in relation to the course theme, we take inventory of the networks that make up this body.

As we move through fascia and meridians, sensations, memories, or emotions may surface.  
That's natural.

Our work here is not to optimise. It's to anchor ourselves in the present, while allowing the past to be felt, honoured, and gently transformed.

Memory is something we always access in the now. So where was that memory before this moment?

Anchoring is what makes this work safe.

Feeling is important, but presence is what allows change.

Each moment is new. This practice is not about fixing your body. Your body is not broken.

It's about recognising the intelligence already there.

*Fascia holds patterns of response.*

*Movement takes inventory.*

*From that place, something new can emerge.*

As you move through this session, I invite you to observe and, if possible, soften judgment. Instead, call in discernment.

Notice where tissue feels:  
dense,  
sticky,  
muffled,  
or perhaps completely quiet.

These places of numbness are not failures of sensation.  
They are information.

Later, when you journal, you might ask:  
Is there a connection between how this tissue feels and the emotional or psychological qualities linked to this meridian?  
Let curiosity guide you.  
This is your inner poet speaking through tissue.

Over time, these movements may become familiar. You might choose to practice without guidance, allowing the work to become more instinctual. Use the structure as a suggestion, not a rule.

While science supports much of this work, tonight we are less interested in analysis and more in experience, stepping out of the evaluative mind and into the sensing, animal body.

The body often knows long before the mind agrees.

## **Triple Burner Classic Warm-Up**

The Triple Burner relates to community.

As you journal, ask:  
Do I feel part of something larger?  
If not, where might belonging exist for me?  
Sometimes community isn't missing.  
It's simply waiting for us to step toward it.

**Movement:** Classic arm warm-up (de-stress sequence)

**Large Intestine**

The Large Intestine relates to structure and framework.

As you journal, ask:

How much structure do I need to feel safe?

Where does structure support me?

And where does it become rigidity?

Notice whether your body prefers containment or release.

**Movement:** Shoulder dips

**Liver**

The Liver is associated with freedom and liberty.

As you journal, ask:

What keeps me from feeling free?

Is it internal or external?

Is freedom available simply by shifting perspective?

Notice whether asking for help feels easy or uncomfortable.

What stops you from receiving support?

**Movement:** Tabletop liver stretch, anchor the leg, micro-bend the knee

**Classic Hamstring Floss**

Engage and resist with the heel down.

Drawing the body back toward the heel helps free the pelvis's tilt and tuck.

**Gallbladder**

The Gallbladder relates to self-assurance.

As you journal, ask:

Where do I feel clear?

Where do I hesitate?

Where does doubt live in my body?

Let certainty and uncertainty coexist.

Neither needs to be resolved.

**Movement:** IT-band stretch, lying down, ankle on thigh, knee opening out, foot flexed; opposite leg extends upward. The bent leg resists inward.

**Lungs**

The Lungs are associated with grief.

Grief doesn't disappear.

It changes shape.

Over time, it softens, from an open wound into a scar that reminds us of what mattered.

As you journal, ask:

Where does grief live now?

Is it sharp?

Or quiet?

Let the breath do the work.

*Respire, from Latin: to breathe.*

*From breath, we move toward inspiration, inspire.*

**Movement:** Lying butterfly dips with spider fingers, gentle movement around shoulders and collarbones

**Stomach**

The Stomach relates to sobriety and instinct.

As you journal, ask:

Is there something I'm attached to that keeps me from being fully present?

Addiction isn't always chemical.

It can be speed.

Productivity.

Noise.

What would it feel like to loosen your grip, just a little?

Notice how the gut responds when you ask. Remember, your core flexibility is just as important as core strength.

**Movement:** Quad flips, both legs up, one resting while the other gently presses halfway down

### **Spleen**

The Spleen is linked to perspective.

Sometimes, gaining perspective requires doing nothing.

As you journal, ask:

When was the last time you allowed stillness without purpose?

What arose when nothing was demanded of you?

Let the movement be slow enough to listen.

**\*Movement:** Dragon floss, similar to hamstring floss, with the arm inside the leg

### **Heart**

The Heart relates to peace, faith, and connection.

As you journal, ask:

What does peace feel like in my body?

How often do I let myself stay there?

Do I trust life?

And if not, where does that trust fracture?

The heart channel can feel difficult to access.

If resistance appears, notice it.

If emptiness appears, notice that too.

Ask yourself:

What am I avoiding?

Feelings?

Conflict?

Desire?

Arousal?

Self-love begins with honesty.

**Movement:** Reverse tabletop, hands pointing toward feet, resisting as the chest lifts

### **Small Intestine**

The Small Intestine sorts. It discerns.

As you journal, ask:

What in my life needs sorting right now?

What am I accepting that no longer aligns?

What is no longer mine to carry?

Let the movement clarify, rather than decide.

**Movement:** Madonna / namaste arms with "chicken wings" arms resist as knees press inward, release outward

### **Kidneys**

The Kidneys relate to inner security.

Low kidney energy can feel closed or insular. High kidney energy feels at ease in solitude.

As you journal, ask:

Where do you recognise yourself?

Bring to mind a current challenge.

What happens if you approach it with a wider lens?

**Movement:** Seated, half-crossed legs, press the knee outward with resistance. One hand as support behind your seat, end with a mild twist.

**Closing**

As we close, remember:

*Fascia holds stories, and with them, possibilities.*

*Movement takes inventory.*

*From that place, we create.*

Let whatever surfaced settle gently.

You can return to it later through journaling, drawing, or rest.

For now, simply notice:

You are here. You are held. And your body knows the way.

Reading and reference links:

<https://reve-en-vert.com/editorial/an-earth-flow-fascia-yoga-routine-by-johanna-ljunggren/> : Johanna on Fascia

<https://www.instagram.com/fasciadepartment/> ; Bonnie Crotzer, the original Fascia Whisperer

<https://thegeniusofflexibility.com> : Bonnie's teacher

<https://www.instagram.com/lymphloveclub/> : Leah Leivitan Lymph Literacy Advocate