Solunakēn

Somatic Movement

Paws Down. Feet Grounded.

A gentle grounding practice.

A short, body-based practice to steady your nervous system and make clearer trading decisions.

1 

Arrive.

Take a moment to check in with yourself.
Notice your breath, your body, and your mind.

2 

Ground.

Rest your hands on your thighs.
Press your feet gently into the floor.
Feel the contact and support beneath you.
Repeat three times.

3 

Orient.

Take a breath and look at the bigger picture.
Is this trade in alignment with your plan?
Do you have what you need right now?

4 

Choose.

Decide your next step with more clarity and steadiness—enter, adjust, wait, or let it go.

Reflection

What feels different in your body and mind now?
What is enough for this moment?



PAUSE • ORIENT • ACT