

# SomaSnooze and SomaStride Challenge Prep Guide



*Your soft landing before you begin.*

*Your foundation for a powerful, embodied reset.*

## Before You Begin

This challenge is an invitation — not to perform, but to **experience**.

To show up with an open mind, a curious body, and a willingness to meet yourself exactly where you are.

You don't need perfection.

You don't need to "get it right."

You just need to **commit to the experience**. That's where the shift happens.

## What Somatic Practice Really Is

Somatic practice is the art of **tuning into your body** — noticing sensation, breath, rhythm, and internal cues — and allowing your mind and body to **come back into harmony**.

It's not about forcing change.

It's about creating the conditions where change naturally happens.

This challenge is designed to help you build that relationship gently, consistently, and in a way that feels doable in real life.

## What You'll Need

- **Headphones you love** — clear, comfortable sound helps every cue land

deeper (*Soundcore works beautifully – code **AFSC20** for 20% off, link to order is on my Links page*).

- **A cozy rest setup** – soft layers, dim lighting, and gentle weight if you like (*Bearaby is my go-to for grounded, breathable pressure, link is also on my Links page*).
- **Water + a simple way to track your days**
- **For the walking challenge:**
  - Compression gear to support circulation and reduce fatigue
  - Great shoes that feel good on your joints
  - If you prefer indoors: a walking pad is highly recommended for consistency

## What to Expect

- Short, intentional daily practices
- Clear somatic cues without fluff or woo
- A rhythm that builds steadiness, clarity, and momentum
- A slow layering effect – the more you show up, the more your body responds

This is a **habit-building challenge**, not a performance challenge.

The goal is to help your body learn a new rhythm – one that supports you long after the challenge ends.

## If You Miss a Day

You're human. Life happens.

If you miss a day, you simply **pick up where you left off**.

There is no falling behind.

There is no “starting over.”

There is only continuing.

Consistency matters – but consistency is built through returning, not perfection.

## About the Prizes

The prizes are fun, motivating, and a way to celebrate your effort –  
but they are **not the point**.

There is no losing here.

Everyone who shows up for themselves, even imperfectly, **wins**.

Your nervous system, your body, your habits, your clarity – that's the real  
reward.

## **Your Commitment**

To gain anything from this experience, you have to **meet it with intention**.

Not pressure.

Not intensity.

Just a steady willingness to show up and listen to your body.

If you can commit to that, even in small ways, this challenge will shift you.