








Exercise #1		
		Place one foot on the seat of a chair. With the standing foot – raise your heel as high as possible then lower your foot to the floor. Repeat this about 10 times. Repeat this same exercise with the other foot. When finished vigorously shake the leg to relax the muscles.
Exercise #2		
	Slowly bend down and touch the ground while standing on one leg. Bend your standing knee as deeply as you can and then straighten it. Repeat this process for 5- 10 times, depending on the strength of your legs. This exercise can be modified by holding onto the back or the seat of a chair rather than bending down to the floor.	
Exercise #3.		
		Stand with your legs spread apart. Bend forward until you touch the ground. Slowly walk your hands over to one foot. Then walk your hands over to the other foot. Now walk your hands back to the middle and reach between your legs behind you. Hold each position for three deep breaths. You might begin to feel some mild shaking in your legs. Allow this to happen. Slowly come back into a standing position.
Exercise #4.		
	Sit with your back against the wall as though there was a chair underneath you. After a few minutes, you might begin to feel some quivering in these muscles. If it becomes slightly painful, move up the wall about two more inches. The quivering may get slightly stronger and the pain will begin to subside. You should try to find a position where your legs are quivering and there is no pain. After five minutes come off the wall and hang over forward. Keep your knees slightly bent while you touch the ground.	
Exercise #5		
	Lie with your feet together and knees relaxed open as far as possible. Lift your pelvis off the ground for one minute being sure to keep your knees open. Set your pelvis down on the floor and slightly close your knees. Continue to close your knees a few inches every two minutes.	
The quivering may get stronger. If you find it pleasant and comfortable allow the quivering to continue. At any point if you are uncomfortable with it, straighten your legs out on the floor and relax.		
(Berceli, 2005)		

Figure 2. Trauma-releasing exercises.

Trauma-releasing exercises were designed by David Berceli over a 5-year period of observing large populations of traumatized people in five war-torn countries of Africa and the Middle East. This observation revealed an instinctual somatic pattern of defense that transcended cultural expressions—a purely human contraction against life-threatening