SOMA SYSTEM
SELF-BODYWORK EXERCISE MANUAL

An Introductory Guide to a Pain-Free Body, Relaxed Muscles, Deep Relaxation, and Better Sleep

By

Roman Torgovitsky, Ph.D.
Founder, Soma System
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Basic Practice Methodology for Nervous System Problems

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Introduction

Hi. I’m Roman Torgovitsky, Ph.D., founder of Soma System®. Let me just quickly say THANK YOU for choosing Soma System® to be your guide to self-bodywork. Most people start practicing Soma System to achieve a goal.

I founded Soma System during my Ph.D. study years at the Harvard School of Public Health, and I have dedicated a considerable part of my adult life into researching and creating a system and a step-by-step methodology of resolving both physical and nervous system symptoms, that brings release to your body. A personal challenge with insomnia and a life-changing / eye-opening experience with self-massage helped me realize the importance of deep tissue self-bodywork on the overall health and wholeness of a person, and the formation of Soma System.

Soma System self-bodywork methodologies has been utilized over the years by many physical therapists, athletes, yoga practitioners and trainers, fitness and allied health practitioners with very high levels of success and appreciation.
Many of our clients slouching behind laptops and smartphones would like to release muscle tension in upper back and neck. Many athletes use Soma System as a rehabilitation method following an injury or as means to warm up the body and improve mobility to prevent damage. Combat officers use Soma System to relieve stress and overcome PTSD. Older folks use Soma System to improve insomnia and various sleep problems.

**How to Use this eBook**

This eBook is designed to guide and assist you in your quest to solve any problems that brought you to us, and we can help you make your goal a reality. Thank you again for choosing Soma System, and we promise you your body will thank you for choosing Soma System and deciding to act.

Chapter 1 of this book touches on why we develop pain and tension in our muscles and how it impacts many areas of our body and life. In Chapter 2, we have prepared you a gift that will make your self-bodywork experience even more efficient, productive, and enjoyable. We firmly suggest that you read this chapter before practicing Soma System. Chapter 3 lays out different Soma System self-bodywork exercises using the tool you have purchased. After reading
Chapter 2, you can jump to whichever section of Chapter 3 applies to you. Chapter 4 discusses nervous system problems and how physical pain and tension affects more than just our muscles. You will do well not to ignore this section. At the end of the book, we have made you some fantastic offers to help you get to your desired goal of lasting relief and release from your pains, soreness, and stress.

Please note that the Table of Contents at the beginning of this book is clickable and you can use it to navigate this book better.
CHAPTER ONE

Where does your body hurt?

A quick puzzle for you. If you could name an area of the body that hurts, which would it be? DO NOT answer this question yet. Allow me finish before you jump the gun. As you chose an answer to that first question, do you think your body will agree with you? Remember your body knows itself and it knows where it hurts. Now to answer that question, let’s see what the standard categories of problems are, and what your body will tell you if it could use words.

Body aches or discomfort can often originate from specific areas of the body or a disconnection or an imbalance in the nervous system. Take a look at this list of parts of the body where there are usually pains, aches, and discomforts, and see if one or more of these problems relate to you. Let’s call this list;

Body-Specific Problems

- Neck
- Shoulder
- Chest
- Upper Back
- Lower Back
- Middle Back
- Forearm
- Deltoids / Triceps
- Hands
- Hip
Some other physical problems you might want to work on may include:

- Muscle pain, soreness, stiffness, and discomfort
- Immobility or decreased range of motion
- Body pain
- Joint restrictions
- Bodily injury
- Post-surgery physical rehab
- Headaches
- Chronic migraines etc.

Did any body area or any problem resonate with you while you were going through this list? Highlight the body part or issue that resonates with you. Or maybe your problem is in other body parts that we have not mentioned. It is possible that your problem isn’t physical or that the root of your physical problem lies with the nervous system. This brings us to the second list of problems. Let’s call it;
Nervous System Problems

- Sleep deficiency / insomnia
- Depressive moods
- Anxiety
- Numbness
- Stress etc.

Please note that physical problems and nervous systems are often interconnected and in result can be one hell of a vicious cycle.

If you have identified a physical problem, please proceed to CHAPTER 3 to find the specific methodology that has been designed to help you with this issue.

If you have identified a nervous system problem, please proceed to CHAPTER 4 of the book to find a separate methodology, equally powerful and useful, that has been designed for you.

If you have identified both physical and nervous system problems, please take your time to go through both CHAPTERS 3 and 4 to find a way of efficiently resolving these issues.

Do not forget to read what we have prepared for you in CHAPTER 2 before you move on to anything else.
CHAPTER TWO
Practice Guidelines – Our Gift to You

We have prepared seven simple guidelines for you to follow which will make your self-bodywork experience a very comfortable, pleasurable and memorable one. Do not rush over these instructions as they are vital to the effectiveness of your self-bodywork exercises. Are you ready? Let’s get to it.

1. **Comfort.** If your self-bodywork exercises are painful and uncomfortable, then you’re not doing something right. Make sure your practices are as comfortable as possible. If it is not then you need to change something, either the tool you’re using, the intensity of pressure, or your position. Pain is not and is not supposed to be a part of the process.

2. **Position.** We cannot overstate this. Your body should always be relaxed during self-bodywork exercise. Working on one part of the body should not strain or exert pressure on another part of the body. Pick a position that ensures your whole body is relaxed.
3. **Body Awareness.** You need to understand the language of your body. Try to identify and understand all the sensations that you feel during and after self-bodywork exercises. This will help you in monitoring your progress. Pleasure is the desired sensation, and your focus should be on that.

4. **Pain and Trigger Points.** There are trigger points in your body that trigger painful and uncomfortable sensations in your body when you apply pressure to them. Bear in mind to be gentle with these points to avoid such unwanted feelings.

5. **Breathe.** Breathing is an essential factor in self-bodywork. Deep breath during exercises helps to promote blood flow, reduce stress and tension, promote a more profound sense of relaxation and on the overall, improve the effectiveness of your self-bodywork exercises. Try to expand your breathing to your abdomen; this will help relax the muscles you’re trying to exercise. If you have any difficulty breathing deeply, try working on the chest and abdomen first to relax the muscles in these areas.
6. **Work on your whole body.** You might have identified a problem spot in your body, and you have started working on it. Do not stop there, the cause of the problem you’re working on might be in another part of the body. Working on your whole body ensures that you don’t only eradicate the symptoms of the problem, but the root itself.

7. **Practice Every day.** Do you know what makes super-star athletes better than the ordinary joe? They practice every day, with the same intensity that they would use if they were competing at the Olympics. Practice might not always make your body perfect, but in this case, it will improve the wholeness of your body and mind.

Be sure to utilize these guidelines every time you do self-bodywork. Your experiences will be immensely pleasurable. You’ll come back to thank us.
CHAPTER THREE

Basic Practice Methodology for Physical Problems with Different Soma System Tools

This section will take you through the Soma System technique that has been specially designed, and utilized with positive results, to work on different parts of the body using any of the Soma System tools that you have already purchased.

Myofascial 5-Pack

The Soma System Myofascial 5-Pack contains five balls of different sizes and firmness. The differences in size and firmness are for a particular reason I’ll reveal to you now.
As you’ve probably already noticed, the biggest ball is also the softest while some of the smaller balls are a little firmer. A big but soft ball allows you to work on a larger area but with less intensity. To increase intensity during exercise, you can either change position, or change ball. The harder balls offer more intensity while the smaller balls provide more specificity which means they allow you to focus self-bodywork on a tiny but specific and vital spot, a feat that a bigger ball won’t be able to achieve. You can also change balls (or tool) if you feel discomfort while working with another ball. Self-bodywork, as a principle, should always be comfortable, not painful. The choice of ball or tool to use always depends on the area you’re working on, the intensity you desire and, as always, your comfort.

Please make sure to consult a qualified healthcare professional if you have pain or injuries and get clearance for a self-bodywork exercise program.
Methods

- **Roll to explore.** Roll the ball over an area of your body for a general body exploration. You can do this standing while working on the upper body, and lying or sitting when working with the lower body area.

Your goal for exploration is to;

- **Learn the local map.** Identify which areas or spots need more work or less work.
- **Point work.** Start working on the spot you identified from the previous stage. Adopt a floor or sitting position. Adjust the ball size, body weight and position as necessary, and also to ensure you don’t feel any discomfort.
• **Shift to next spot** when you’re done working with one part. Since most parts of the body are paired, you should always work on both parts of any spot.

**IMPORTANT NOTICE**

These methods apply to all Soma System exercise, techniques, and tools. You should always work on both sides of the body.

Refer to the images below for how and where to place the 5-pack ball on different parts of the body.
Chest

Upper Back
Mid-Back
Lower back

Inner Arm
Outer Arm and Forearm

Inner Forearm
Hand

TFL
Glutes

Hamstrings
Inner Thigh

Lateral Thigh
Hip

Calf
Frontal Leg

Lateral Leg
Inner Lower Leg

Foot
Bear in mind to repeat all these exercises on both sides of the body, and to follow the practice guidelines while exercising.

Click HERE for video instructions on how to best use the Myofascial 5-Pack.

Don’t forget to click here to access more body-area specific solutions to muscle tension and pain in your body.
**Big Orange**

The Big Orange is an inflatable massage ball with a diameter of 3.8 inches when fully inflated. The ball provides different levels of firmness and intensity depending on the inflation. When deflated or slightly inflated, the ball is soft and makes for a less intense massage experience.

When fully inflated, it becomes firm and provides a little bit more intensity. The Big Orange is suitable for self-massage, self-myofascial release, the release of muscle tightness, tension, knots, and adhesion, and trigger point release in all body areas. Use the ball to eliminate pain and soreness in your body and enjoy a deeper level of relaxation. Use in the standing, sitting, or lying on the floor positions. Below are images of how to use the ball on different body areas.
Head (Sub-Occipital Region)

Neck
Chest

Upper Back
Mid-Back

Lower Back
Inner Arm and Forearm
Outer Arm and Forearm

Hand
Thigh (Quads)

Glutes
Hamstrings

Hips

Calf
Outer and Inner Lower Leg

Foot

Click HERE for Video Instructions on how to make the best use of the Big Orange
Blue [Firm] and Orange [Soft] Muscle Rollers

The blue and orange muscle rollers are advanced self-bodywork tools for people with self-massage and deep tissue therapy experience. With adjustable wheels, the rollers are effective tools for rolling, cross-fiber, and thoracic mobilisation techniques.

The rollers are effective for performing deep tissue therapy on several areas of the body including the neck, shoulder, upper and lower back, hamstring, calf, and foot. Some of the benefits you stand to derive from the muscle rollers include immediate pain relief, muscle tension release, and an improvement in your mobility and ranges of motion. Use the tool with the standing, sitting, or lying down positions. Below are images on how to exercise with the muscle rollers.
Neck

Shoulder

Chest
Upper Back

Mid-Back
Lower Back
Arm, Forearm, and Posterior Forearm
Thigh (Quads)

Lateral Thigh

Glutes
Hamstrings

Inner Thigh
Hip

Calf

Inner and Outer Lower Leg
Click [HERE](#) for video instructions on how to best use the muscle roller.

To access extra tutorials on how to solve different body-area specific problems, click [HERE](#).
Roller Squad (9-Ball Massage Glove)

The Soma System Roller Squad is a hand-held massage tool that allows you to apply gentle pressure to your muscles through its nine inset rolling balls. The roller squad is effective for isolating and releasing tension in different muscles including the pectoralis, quadriceps, and peroneal muscles. You can also use it on yourself to massage your hands, forearms, thighs, calves, and feet or have someone else use it to massage any area of your body.

The thumb-like specificity of each of the balls also makes for an effleurage-like massage for deep tissue therapy and trigger point release. You’ll always feel relaxed, pain-less, and stress free after using the roller squad. Below are images on how to use the tool on different areas of the body, and more.
Chest

Arm and Inner Forearm
Hand

Upper and Mid Back
Glutes

Hamstrings
Lower Legs

Hips
Click [HERE](#) for video instructions on how to best use the roller squad.
**Soma System Focus Roller**

The Soma System Focus Roller is an advanced acupuncture and acupressure tool that melts the trigger points in your body and brings you to a state of complete release and relaxation. With the focus roller you can achieve self-myofascial release, muscle adhesion breaking, tightness release, and immediate pain relief in your body.

To get a more intense massage experience from this tool, remove the orange rubber cap to reveal the spiky edge and excite the cells of your superficial muscles.

You can also use the pointy edge to identify, isolate, and release the trigger points that cause you trouble on a regular basis. Use for physical rehabilitation, physical
therapy, personal raining, cross fit, and release knots to become pain-free and stress-less. See images below on how to make the best of this tool.

Neck

Chest
Quads

IT Band
Lower Leg

Calf
Soma System Detachable Muscle Roller Stick

The Muscle Roller Stick is a hand-held massage tool effective for eliminating soreness and tension in big muscles. It’s also a useful everyday tool you can use to before or after exercises to remove dead skin, increase blood flow, relax your muscles, and reduce the risk of injury during or after exercise.

If you’re physically more active than the average office worker or sit in front of the PC 8-hours a day, five days a week, then you can use this tool to keep your muscles healthy and mobile, reduce stiffness and tightness, and achieve self-myofascial release. Refer to the images below on how to use this tool on different areas of the body.
Neck

Shoulder
Arms
Mid-Back

Abdomen (Abdominal Muscles)
Hamstrings

Quads
Soma System (Peanut) Double-Track Roller

The Soma System Double-Track roller is a massage tool specially designed to provide deep, dual-pointed pressure to the muscles that run along the spine. Use the ball on the muscles of the back, neck, and chest to release tension and tightness in your muscles and enjoy an improved posture, breathing, and energy level.

To use the tool on the upper back, place the tool on the floor, lie on your side, and roll on to the tool with each ball on either side of your spine. You can also use the tool with the sitting and standing positions. See images below on how to use the double-track roller on different body areas.
Shoulder
Click [HERE](#) for Video instructions on how to best use the Double-Track Roller

Also, click [HERE](#) to access body-area specific solutions using different Soma System tools
**Soma System Soft and Hard Massage Balls**

This tool is a two-ball set of 1 soft and 1 hard ball. Each of the balls has a diameter of 2.75 inches. You can use the variety in firmness to regulate the intensity and effectiveness of your massage exercises.

The soft and hard balls are ideal for targeting both small and big, superficial and deep muscles. Use the balls to eliminate pain and soreness in your muscles, release tightness and tension in your muscles, and experience a deep level of relaxation. Use these balls with the static exploration, static compression, and pin-point techniques with the standing, sitting, and lying on the floor positions. See images below on how to use the balls on different body areas.
Shoulder
Arm and Forearm
Mid and Lower Back

TFL
Hamstrings

Calf
Click [HERE](#) to access our free body-area specific solutions using different Soma System Tools and Techniques
**Soma System Golf Massage Ball**

The Soma System Golf Massage Ball is a small but very effective self-massage tool for quick pain relief, tension, stress, and self-myofascial release. The golf ball rotates 360° and is held in a holding base so it’s easy to hold or place on the floor while performing self-massage. The golf ball has a dimension of 2.7 x 1.8 inches.

Use with the standing, sitting, or lying on the floor position to perform deep tissue self-massage on your neck, shoulder, chest, arms, back, calf, and other areas of the body. See images below on how to use the golf massage ball on different body areas.
Neck
Upper, Mid, and Lower Back
Arm and Forearm
Quads

Foot
CHAPTER FOUR
Basic Practice Methodology for Nervous System Problems

Nervous system problems, as we already discussed above, are usually interconnected with body-specific problems. For instance, your sleep difficulty might be due to tightness in some muscles of your body. While taking sleeping pills or meditating might temporarily help you sleep, working on such tightness and assisting those muscles to release and relax will put you straight to sleep and make you night rest more refreshing and energizing.

This is why the method for working on nervous system problems combines the steps from Chapter 3 above and Practice Guideline #6 from Chapter 2. Remember that excellent gift we gave you? Time to put it to use.

Repeat the steps from Chapter 3 above

- Roll to explore
- Learn the local map
- Point work
- Shift to adjacent spot

This time, you do it together with Practice Guideline No. 6
• Work on the whole body one spot per day

Methods

• Work 1 spot of the body per day for at least 15 mins
• Exercise at least twice a day, one of the times immediately before going to bed
• Cover the entire body within the next 15 days

As always, consult a qualified healthcare professional and get clearance before doing any self-bodywork exercises.

Refer to the images in Chapter 3 on the where and how to place the balls on different parts of the body
SOMA SYSTEM PRODUCTS

We have a full range of soma system products designed to meet your specific self-massage and health needs. Soma System products are divided into three main categories: Handheld, Bodyweight, and Handheld/Bodyweight tools. With the handheld tools, you use your hands to apply appropriate pressure, with the bodyweight tools you use the weight of your body. Some tools can serve both purposes. We also have a range of online systematic studies taught by our founder to help you overcome your pain problems as quickly and easily as possible.

Handheld Tools

- Focus Roller
- Muscle Roller Stick

Bodyweight Tools

- Myofascial 5-pack
- Blue and Orange Muscle Rollers
- Big Orange
- Double Track Roller
- Soft and Hard Massage Balls
- Spiky Mat
Handheld/Bodyweight Tools
- Roller Squad
- Golf Massage Balls

Educational Courses
- Become Your Own Massage Therapist Course
- 13-Hour Soma System Training
- And a HOST of other targeted courses to benefit you. Click HERE to preview all the courses.

Don’t leave WITHOUT utilizing our Bonus Offers to get these tools and courses!
Special BONUS Offer [50% OFF 2 COURSES]

Become Your Own Massage Therapist

WITH

ROMAN TORGOVITSKY, PH.D

Price: $100
Get 50% off and pay $50

• Do you have achy muscle knots and trigger points that bother you?
• Ever wonder how to improve your sleep and effectively relieve stress?
• Are you ready to take control of the aches and pains of your body?

If you answered yes to any of the above questions or if you simply love getting deep tissue massage, but cannot afford one as often as you would like - then this course is for you!

CLICK HERE REGISTER NOW AND START EXPERIENCING RELIEF IMMEDIATELY
Most people in our society experience muscle tension for different reasons, either from slouching in front of a computer for long hours or from regular high intensity physical training.

Most people try to ignore this tension until the muscle knots and trigger points become too painful.

Then, some will finally try to use foam rollers or tennis balls for self-massage.

If you want to learn how to efficiently, safely, and comfortably release muscle tension to improve physical performance, reduce stress, improve your sleep and general wellbeing, then you should take this course!

CLICK **HERE** REGISTER NOW AND START WITNESSING DRAMATIC IMPROVEMENTS IN ALL AREAS OF YOUR LIFE
BONUS OFFER [FOR ALL PRODUCTS]
Click on any of the images below to purchase the tool or package for 15% off

Coupon code: myebookcoupon

Myofascial 5-Pack
Blue Muscle Roller [Firm]

Big Orange
Orange Muscle Roller [Soft]

Golf Massage Balls
Focus Roller
Roller Squad

Muscle Roller Stick

Double Track Roller

Hard and Soft Combo

Spiky Mat [Warm-Up Accessory]
Basic Soma Package

Full Body Package