

**Intu-Flow  
Quick Reference  
Guide**

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## **Disclaimer**

None of the information contained in this quick reference is intended to be taken as medical advice. Consult your physician before beginning this program as you would with any exercise or nutrition program. For complete disclaimer see “Legal & Policies” at [www.daretoevolve.tv](http://www.daretoevolve.tv)

This Quick Reference Guide is not meant to be complete in it’s presentation of Intu-Flow. It is a supplemental resource to the complete [Intu-Flow program](#) by Scott Sonnon, to assist with learning the materials.

## Main principles at a glance:

- I. Start from the top and work your way down.
- II. Do 3-5 reps each direction.
- III. Move in both directions.
- IV. Move to the edge (not force beyond)
- V. On a scale of 1-10, 1 being no pain and 10 being the most severe pain you can think of, never go beyond a 4. It's okay to feel some discomfort, but never go to the point of feeling pain.
- VI. Focus on staying relaxed and fluid.
- VII. The goal is to get to a level of proficiency equal to 8 or up (1 being very poor and 10 being perfect) before moving on to the intermediate stage. This is subjective so you will have to gauge it.
- VIII. Above all have fun!

Feel the joy of regaining the power to move the way we are meant to.

## Upper Architecture

### Neck

- Rotate side to side.
- Glide (jut) chin forward and glide back tucking chin in.
- Glide side to side (like an Egyptian).
- Rock out and up, rock back down and in.
- Ear to shoulder, jaw to the sky.

### Shoulder Rolls

- Roll shoulders forward
- Roll shoulders back

### Shoulder (Circles)

- Beside you: forward, then backwards.
- Across the body at 45 deg angle, both ways.
- Above head, both ways
- Below, both ways
- Across in front of you, both ways.
- Across behind you, both ways.

### Elbows

- Elbow “pit” up, rotate (elbow pit in), elbow point out (as elbow bends), elbow down, straighten arm back out in front as elbow pit faces up. Repeat.
- Reverse

**Wrist (Circles)**

- Wrist moves (not hand): Up, out, down, in. Repeat.
- Reverse.

**Arms Waves**

- From underneath: Shoulder, Elbow and Wrist. Repeat
- From overtop: Wrist, Elbow, Shoulder. Repeat

**Fingers (Circles)**

- Circles starting with thumb, rotating in to index, all the way to pinkie.
  - Reverse direction, pinkie to thumb.
- Do both hands.

## **Middle Architecture**

### **Thorax**

-Front to Back: Lift chest forward and up, then collapse concave, pushing mid-back to wall behind you. Back and forth.

-Side to Side: Keeping hips in place, arms out to the side, glide side to side, reaching for the walls.

### **Pelvic Lumbar**

- Front to Back: Hips pushed forward, tilt pelvis as you sit back to slight squat, curl up with pelvis as you come back to standing. hips pushed forward. Back and forth.

-Reverse.

-Side to Side: Sit to the side and back at 45 deg angle. Shift side to side.

### **Spine**

-Front to Back: Relax forward leading with head At the bottom dip the knees, curl up through pelvis, one vertebrae at a time until head upright.

Push hips forward, tuck chin back, neck relaxed, bend back

Sit back, slight bend in knees (head still relaxed back), rolling forward one vertebrae at a time, until head is upright. Once standing back at neutral, repeat. Back and forth.

-Side to Side: Push hip out to side, bend sideways, neck relaxed and arm overtop. Back and forth.

## Lower Architecture

### Hips

- Leg swing. Forward and back. Repeat.
- Leg swing. Across in front, out to the side. Repeat.
- Rotate. Straight leg, toes to shin, rotate entire leg from hip.

### Knee

- Knee bend. Thigh parallel to the ground. Leg straight, then heel to butt. Repeat.
- Knee twist. Rotate foot in, hold, raise knee, then lower. Rotate foot out, hold, raise knee, then lower. Repeat.

### Ankles

- Up/down. Pull toes to shin, point toes. Repeat.
- Ankle roll, side to side. Roll inner foot to inside. Roll outer foot to outside. Repeat.

## **The Extra's**

### **4 Corner Balance Drill**

- Leg in front (10 sec)
  - Out to the side (10 sec)
  - Back (10 sec)
  - Forward (10 sec)
  - Bring ankle just above knee (10 sec)
- Repeat with other leg

*This is the beginning of the breath and movement integration*

### **Spinal Rock**

- Rocking forward, end with chest up.
  - Rock back, end with hips up.
  - Breath in on the two ends, breath out during rock.
- Back and forth.

### **Quad Hops**

- On hands and feet, knees and elbow bent, 45 degree angles.
- Breath in on the up.
- Breath out on the down.

### **Breathing Squat**

- Shoulders, elbows, wrists up, Breath in.
  - Shoulders, elbows, wrists down, Breath out.
- Repeat.

### **Lateral Arm Waves**

- Pull elbow back (the bow and arrow), Breath in.
- Push the elbow down and forward across body (push the box with elbow), Breath out.
- Repeat.

### **Dropping Arm Waves**

- Lift arms up to one side, bottom arm palm up, upper arm palm down, Breath in.
- Simultaneous arm drop, knee dip, Breath out.
- Raise arms to opposite side.
- Repeat.

### **Spinal Waves**

- Lead with shoulders forward, up and back. Breath in.
- Hips forward, then as you collapse thoracic, Breath out.
- Repeat in a fluid wave.
  
- Reverse direction. Lead with pelvic curl up and forward, thoracic collapsed. Breath out.
- As hips open forward, expand up through chest. Breath in.
- Then bring shoulders from back to up and forward as you collapse thoracic.
- Repeat in a fluid wave.

**Note:** *Remember, this is for your quick reference, upon already being familiar with the material or as assistance to remembering it. It is not highly detailed, with all the finer points, for learning the mechanics of the movement.*