



ORIGINAL  
*Tuning*  
BOARD™



## **SAFETY AND BASIC USE INSTRUCTIONS**

## INTRODUCTION

*“[Dr. Stone’s] basic thesis is simple. Life energy must flow through the body in a smooth uninterrupted way to maintain optimal health. When the ebb and flow of this life energy becomes blocked or interrupted, the balance of life is disturbed and something must be done to reestablish that balance and the continuity of the free flow of life energy.”*

--Ray Castellino, DC, RPP

*“What does vertical integration really mean?...Fibers physically connect the input of somatic and vertically distributed neural structures with one another. A wide array of independent studies in basic brain research reveals that these middle prefrontal areas are crucial for generating nine processes: [body regulation, attuned communication, emotional balance, response flexibility, empathy, insight, fear extinction, intuition, morality].”*

--Daniel Siegel, M.D.

The dynamic balance and resiliency of the vertical body are deep orienting and healing aspects of a whole self. The Tuning Board offers a way of encouraging and accelerating vertical integration by feeding a fluid sensory experience into the user’s standing body, a continual gentle dance with gravity. As we simultaneously manage the stability/mobility polarity while successfully perceiving and responding to our environment and internal experience, we realize increased confidence and resiliency at all levels of life. Movements and movement sensations link with memories, thoughts, emotions, relationships, and more. Postures express and reflect states of mind, feeling, and our personal histories. Our ability to experience constant motion, dynamic balance, and resiliency can free up, not only our physical bodies, but our ideas, beliefs, emotions, and relationships as well.

What is it about working with the Tuning Board that unleashes this creative potential? The moderate physical challenge presented by the Tuning Board simulates polarities of stability and chaos, tension and release, discomfort and flow – polarities that are all hallmarks of the creative process. Embracing the expression of a dynamic balance between these fundamental opposites can be seen as the essential principle of the creative life.

Because the Tuning Board will never be perfectly still, the user is challenged to surrender rigidity, fragmentation, and holding patterns. One is gently challenged to find -- and quietly attune to -- the reality of relative stability. On the Tuning Board, one gets an immediate sense of a deep inner truth about oneself and the world. One’s deepest beliefs and emotions are challenged to trust this mysterious and paradoxical coexistence of stability in the midst of motion. The continually moving surface of the Tuning Board invites a dynamic play between these two forces that allows us to creatively enter into a new relationship with our bodies and gravity. It opens a door to a new way of working with engrained patterns that reflects the tension of both *being* and *becoming*, and invites creative transformation to express itself across the whole self.

## **SAFETY INFORMATION FOR PERSONAL USE:**

The Original Tuning Board™ system is not a toy, and is by design an unstable surface. Until able to manage the system safely, always use a handrail or other support. For best foot, ankle, and lower leg responsiveness and to prevent slipping, use bare feet or “bare foot” style shoes with a non-slip surface, and make sure the Tuning Board’s surface and the user’s feet are dry before using. Failure to exercise caution could result in injury. Momentary disorientation may occur when working with balance and the vestibular system. Adequate precautions should be taken to prevent a fall which could lead to serious injury or death. Elderly users should always use the Tuning Board under adequate supervision or guidance. Read all warnings and safety instructions before using, including those which follow. Use at your own risk. Designer/Manufacturer shall not be liable for injuries resulting from the use or misuse of this product.

For your own safety and the safety of others using your Tuning Board, always follow these safety guidelines, and be sure to also instruct others who will be using your Tuning Board in these safety precautions as well.

1. Except for a handrail, wall, or other stable support if needed, the Tuning Board should be placed with plenty of room around it in an area which is free of surrounding furniture or objects, glass windows, sharp corners or surfaces that may cause serious injury if a fall should occur.
2. Until able to manage the Tuning Board safely, comfortably and with confidence, always have another person spotting you, or use a handrail, wall or other stable support close within reach.
3. Never use the Tuning Board or allow it to be used by anyone under the influence of alcohol, drugs, or any medication which could impede one’s sense of balance or cognitive function.
4. Momentary disorientation may occur when working with balance and the vestibular system. If you ever begin to feel dizzy or unsure of your ability to manage the movement of the Tuning Board, immediately lower your center of gravity by bending your knees and carefully step off of the board.
5. Where balance has become impeded due to age or physical condition, the Tuning Board should only be used under the close supervision of a qualified therapist until such time as balance is sufficiently restored so that it can be safely used without supervision.
6. Moisture could cause the surface of the Tuning Board to become slippery. Make sure your feet and the Tuning Board’s surface are dry before using.
7. Do not use slippery socks when using the Tuning Board; use bare feet or foot coverings with a non-slip surface.
8. Do not use heavy soled shoes or street shoes on the Tuning Board.
9. Use bare feet or “bare foot” style shoes for best foot, ankle and lower leg responsiveness.
10. The above precautions should always be exercised, and this safety information transmitted to all current and future users of your Tuning Board.
11. Failure to exercise caution could result in injury. Designer/Manufacturer shall not be liable for injuries resulting from the use or misuse of this product.

## TUNING BOARD INSTRUCTIONS FOR PERSONAL USE

**Read the preceding safety information before attempting to use the Tuning Board. Always ensure full control, safety, and adequate support as you make your way through the following exercises. Step off at any time if you need to take a break and lower your center of gravity.**

### **1. ENSURING SAFETY**



The constant movement of the Tuning Board may at first be disorienting. Therefore, when beginning, either ask someone to spot you as in the above photograph, or begin with a stable support, such as a handrail, wall, or heavy piece of furniture, next to you, resting one hand on this support.

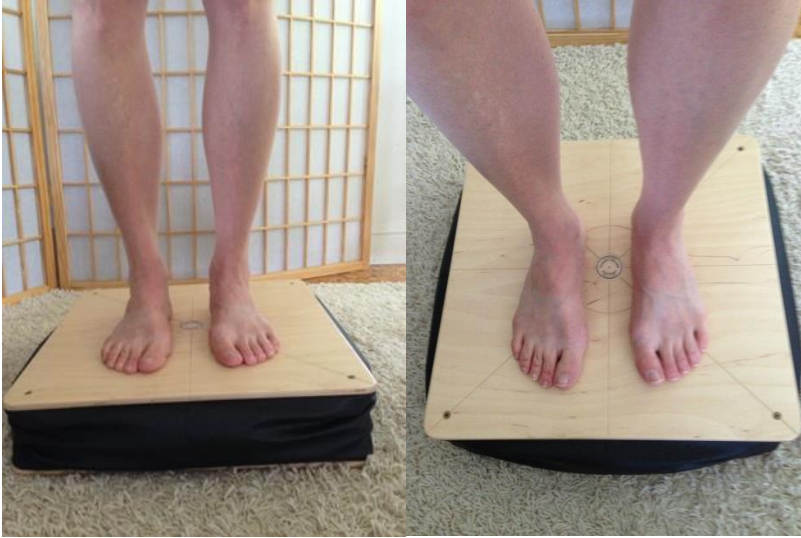
If you are being spotted, the person spotting you should stand to your side and hold your hand when you first step onto the board. Then, they should stand with one hand behind you, and the other is to the side and slightly forward, ready to support or spot you should you need assistance. Your spotter should also stand beside you and offer a hand for support when you are ready to step forward off of the Tuning Board.

If there is no spotter, use a stable support next to you the first time that you get onto and off of the Tuning Board, and every time until you are confident that you can maintain good balance in getting on and off.

When stepping off of the Tuning Board, take a few moments to reorient to the ground. Stand quietly long enough to experience on solid ground the grounding, balance, and subtle flow of movement that was established on the Tuning Board.

Continue to use a spotter or stable support until it is clear that you are able to maintain good balance at all times.

## 2. FOOT POSITIONING



This description for standing on the Tuning Board is a good general foot placement that supports functional alignment of the foot and ankle. Working in this position will wake up the lower legs and feet (and ultimately the entire spine and nervous system) as it encourages grounding.

1. Stand with the medial arches of the feet approximately midway between the center of the Tuning Board and the larger circle, with the feet pointing straight ahead. The feet should be approximately under the lungs and *not* “shoulder width apart.”
2. Move your feet forward on the Tuning Board until the middle *frontal plane line* on the surface of the board is just slightly behind the center of the medial arches.
3. Make sure both feet are the same distance from the front edge of the Tuning Board.
4. This foot position helps to center the weight of the body and balance the movement of the natural postural swaying in all directions as the Tuning Board begins to move. It also helps to encourage functional bending and alignment in the ankle joints as movement proceeds.
5. The feet in this position may feel uncomfortable or even “un-natural” as they work with the motion of the Tuning Board. Torsions and compensation strain patterns in the feet, legs, hips and on up through the body will become more evident.

## 3. NOTICING YOUR CENTER OF GRAVITY AND MANAGEMENT STRATEGY

Some people tend to lower their center of gravity to manage the movement of the Tuning Board by keeping their knees slightly bent forward. Others tend to manage by hyperextending the knees back. Some will tend to tense up the quadriceps, buttocks and pelvis. Still others attempt to manage the movement in the upper body, bringing their center of gravity up and swaying in the upper spine and shoulders. Notice which of these strategies you initially use to manage the movement of the board.

#### 4. NEUTRAL BALANCING POSTURE

Neutral balancing posture is the position that will allow you to kinesthetically learn from and be transformed by the Tuning Board. The purpose of this posture is to increase the mobility of the spine, improve grounding, and encourage the flow of movement and connection throughout the body that is characteristic of vertical integration. This is accomplished by increasing the responsiveness of the feet, ankles and lower legs.

In the neutral balancing posture, our feet and ankles do most of the work in making fine adjustments in gravity. This involves subtle combinations of flexion, extension, inversion and eversion that initiate and have the potential to transmit soft waves of motion up through the body and nervous system. For this to happen, the knees must *hover* in a relatively straight position -- neither locked in hyperextension nor bent even slightly forward in flexion. Hovering is not a static experience; there is a very subtle awareness of actual and potential motions, as adjustments in the feet and ankles transmit motion upward.



##### A. Subtle Balancing of the Lower Body

Ideally, the neutral balancing posture manages the movement primarily from the freedom and responsiveness of the feet, ankles and lower legs. The knees should be straight but “floating” in a dynamic position where they are ready to move forward or back, but do neither. Quadriceps and gluteals are relaxed. Notice whether the knees are hyperextending or bent in the standing posture, and relax the knees and thighs so that your knee caps are not elevated. Draw your awareness to the subtle micro-adjustments happening in the joints of the feet and ankles, and allow these adjustments to be the principal way in which you manage the movement of the board.

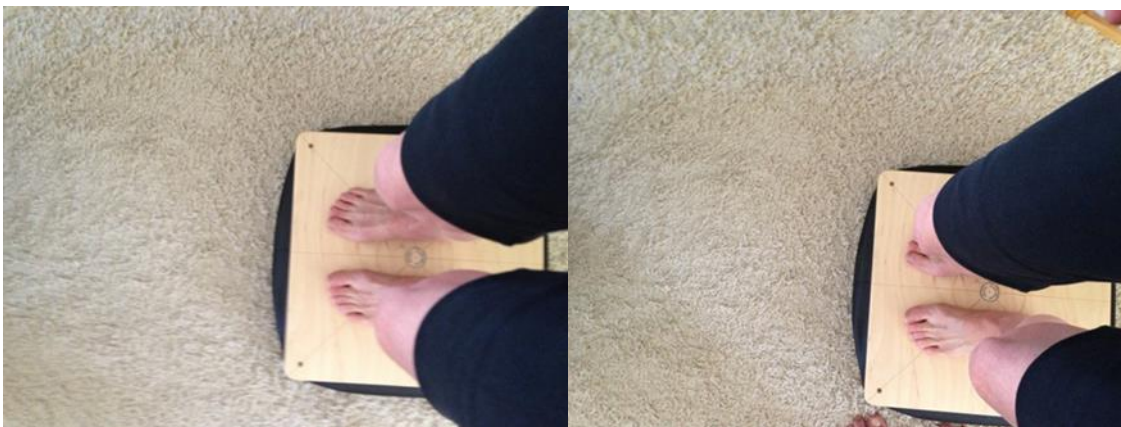
## B. Subtle Balancing of the Hips and Pelvis

Sense the movement of the feet, ankles, knees, and legs as it begins to communicate up to the area of the hips, gluteals and pelvic floor. What do you notice? You can gently and slowly play with some deliberate subtle micro-movements of the hips and pelvis left to right, then front to back. When you release these, do you find that your hips and pelvis are more available to respond dynamically to the movement from below?

## C. Subtle Balancing of the Upper Body

Can you feel the movement of the Tuning Board communicating through the spine? Are there places in your spine where you feel the movement, and others where you do not? Draw some small circles in the air with your chin to prime your head and neck for greater freedom and responsiveness. Now, allow your head to float with gentle micro-movements on top of the spine, mirroring the subtle movement of the feet and ankles. Can you sense the movement of the board in your shoulders? If the shoulders are responding to the movement coming up through the lower extremities and spine, can you feel this movement transmitting through to your fingers?

## 5. TRACKING THE KNEES (use a spotter or stable support as needed to ensure safety)



*The photo on the left shows the knees bending evenly and touching an imaginary frontal plane at the same time. The photo on the right shows the right knee bending forward of the left creating an imaginary oblique line to the frontal plane.*

- A. Beginning with the Basic Foot Position, bend your knees slightly, keeping them in line with the feet.
- B. Notice whether one knee tends to fall to the inside or outside compared with the other.
- C. Notice whether both knees tend to fall medially or laterally off the line of the feet.
- D. Notice whether one knee tends to bend more than the other.
- E. Notice whether one knee is more forward than the other.

**6. BASIC FOLDING EXERCISE (use a spotter if needed to ensure safety and adequate balance)**



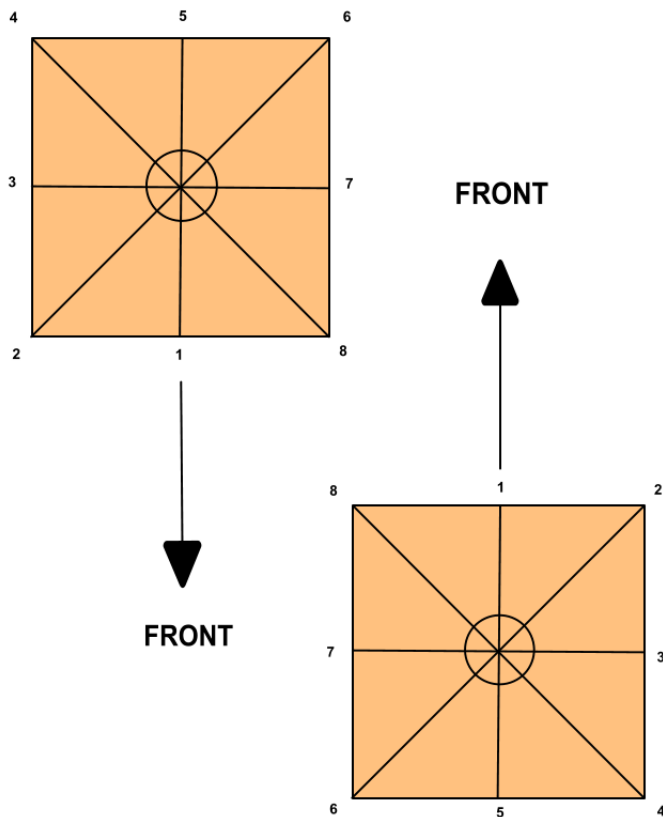
This exercise is an excellent one for increasing our awareness of weight transmission through the legs, ankles and feet into the ground (grounding).

- A. Begin with feet in the Basic Foot Position.
- B. Bend the knees forward over the line of the feet. Feel both the front and backs of the feet on the Tuning Board. Make sure your heels do not come off the Tuning Board.
- C. At the same time, bend the torso forward at the hips.
- D. The pelvic floor and buttocks should reach open and back as if sitting down.
- E. The crown of the head should reach open and up in the direction opposite to the reach of the pelvic floor.
- F. Bring a toned awareness to the anterior abdominal muscles so that the abdomen is not dumping toward the floor.
- G. Bring your arms forward to form a right angle with the torso, or cue them to reach up in line with the spine.
- H. Draw the client's attention to your feet, making sure that the whole foot is interacting with the surface of the Tuning Board.



## SPATIAL ORIENTATION DIAGRAMS

The ability to identify places of strength and weakness in spatial perception is important to brain stimulation and development. This information enhances communication between the brain hemispheres, which is vital to healing and creative processes. The straight-line design on the surface of the Tuning Board is the simple “British flag” floor map used in dance and creative movement to identify the performer’s spatial orientation. It indicates the eight basic directions of a rectangular space when the performer is positioned in the center. The center of the Tuning Board represents the vertical center line of gravity surrounded by a “core field.” This allows visualization of an effortless erect posture organized around a central vertical axis, and the core experience of motion through the center of the body.



## **TERMS AND CONDITIONS OF USE:**

This device should only be used professionally by a licensed or certified therapist, movement professional, or structural integration practitioner.

Personal user, therapist, movement professional, or structural integration practitioner must read and understanding all warnings, cautions, safety instructions and other instructions herein before use.

Personal user, therapist, movement professional, or structural integration practitioner must abide by all safety instructions in the use of the Tuning Board, and must take full responsibility for the safe use of the Tuning Board by others, including but not limited to said therapist, movement professional, or structural integration practitioner's clients.

Use of the Tuning Board by personal user, therapist, movement professional, or structural integration practitioner implies that said user, therapist, movement professional, or structural integration practitioner has read all warnings, cautions, and safety instructions, and understands that the Tuning Board is an unstable device, and that serious injuries or death may occur during its use, especially if it is not used safely and in accordance with all safety guidelines and instructions.

Personal or professional use of the Tuning Board is at user, therapist, movement professional, or structural integration practitioner's own risk. Darsan, Inc. and its owner(s) and agent(s) shall not be liable for injuries or damages resulting from the use of this product.

Personal or professional use of the Tuning Board implies agreement by the User to not make any claim against Darsan, Inc. or its owner(s) and agent(s) for injury or damage resulting from use of the Tuning Board.

Personal or professional use of the Tuning Board implies agreement by the User to transmit the above safety information and guidelines to all others who may use any Tuning Board owned or controlled by said person or professional.

Personal or professional use of the Tuning Board implies that, in the case of injury or damage resulting from the use of the Tuning Board, User agrees to indemnify and hold harmless Darsan, Inc., its owner(s) and agent(s), and fully release them from all liability for injury or damage resulting from use of the Tuning Board.

### **Contact Information:**

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***“Because the Tuning Board will never be perfectly still, the individual is challenged to find, and quietly attune to, a relative stability, while surrendering rigidity, fragmentation, and holding patterns to motion.”***

**Darrell Sanchez, Ph.D., Tuning Board creator**



***“It is a brilliant invention that enriches every kind of somatic work, particularly SE. To directly learn with Darrell about the many-faceted possibilities of using the Tuning Board is an exquisite opportunity to deepen your own clinical skills.”***

**Peter Levine, Ph.D.**

**Join Dr. Sanchez in [upcoming workshops](#) to learn more about using the Tuning Board in somatic therapy**



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**[www.tuningboard.org](http://www.tuningboard.org)**

