



# WHEN THE BODY ASKS FOR LESS



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# 1. INTRODUCTION

**WE LIVE IN A TIME WHEN HEALTH AND MOVEMENT ARE OFTEN ASSOCIATED WITH PERFORMANCE AND THE CONSTANT DRIVE TO DO MORE.**

When pain or limitation appears, the usual response is to do more: strengthen, stretch, or push through. However, advances in neuroscience and pain science show that the body functions as an integrated system, in which both pain and movement are influenced not only by physical structures but also by the way the brain organizes its responses.

This perspective invites a different way of seeing the body. In many cases, restoring health does not mean increasing the intensity of the stimulus, but rather helping the body regain the ability to move with greater efficiency and fewer compensations. It is within this context that the Kaiut Yoga Method offers an approach centered on restoring joint function and reorganizing patterns of movement.

Throughout this ebook, we will explore the relationships among pain, compensations, the brain, and movement, showing how restoring function can contribute to greater mobility, autonomy, and quality of life.



## 2. WHEN THE BODY ASKS FOR LESS

The body is often treated like a machine that needs to be constantly trained, adjusted, and pushed to its limits in order to keep improving. While that perspective has its place in certain contexts, it overlooks a fundamental aspect of human physiology: the body exists not only to produce performance, but above all to adapt, conserve energy, and maintain its ability to function throughout life.

When pain arises, the most common response within this mindset is to do more. Strengthen more, stretch more, push more. When movement becomes limited, we often interpret it as a lack of ability and believe we need to overcome that barrier through effort and repetition. Yet there comes a point when this strategy stops being a solution and begins reinforcing the very patterns that keep the problem in place. A body that has spent years living with tension, stress, repetitive movements, poor posture, or compensatory movement patterns does not always need more stimulation. Often, what it needs is an opportunity to reorganize its own mechanisms of function.

There comes a point when the body stops asking for more stimulation and begins asking for exactly the opposite: less load, less unnecessary effort, less accumulated tension, and less need for compensation.

### YOGA OFFERS AN APPROACH CENTERED ON RESTORING JOINT FUNCTION.

This is not a sign of weakness, poor conditioning, or inability. On the contrary, it reflects the body's own attempt to recover its biological intelligence.



The human body is the result of millions of years of adaptation and possesses an extraordinary ability to develop strategies that allow it to keep functioning even in the presence of limitations. When a joint loses mobility, when one area no longer participates appropriately in a movement, or when a structure becomes overloaded, the brain reorganizes the body to preserve the continuity of everyday life.

These adaptations are essential at first. They allow someone to keep walking after an injury, continue daily activities despite discomfort, or discover new ways of moving when familiar patterns are no longer available. The problem begins when these strategies remain in place for too long. What was initially a temporary solution can gradually become a permanent pattern of function.

The body begins using more energy to accomplish simple tasks, certain areas take on roles they were never meant to perform continuously, and movement gradually becomes less efficient. The change is rarely noticeable from one day to the next, but over the years, everyday movements begin to require more effort, more attention, and more energy.

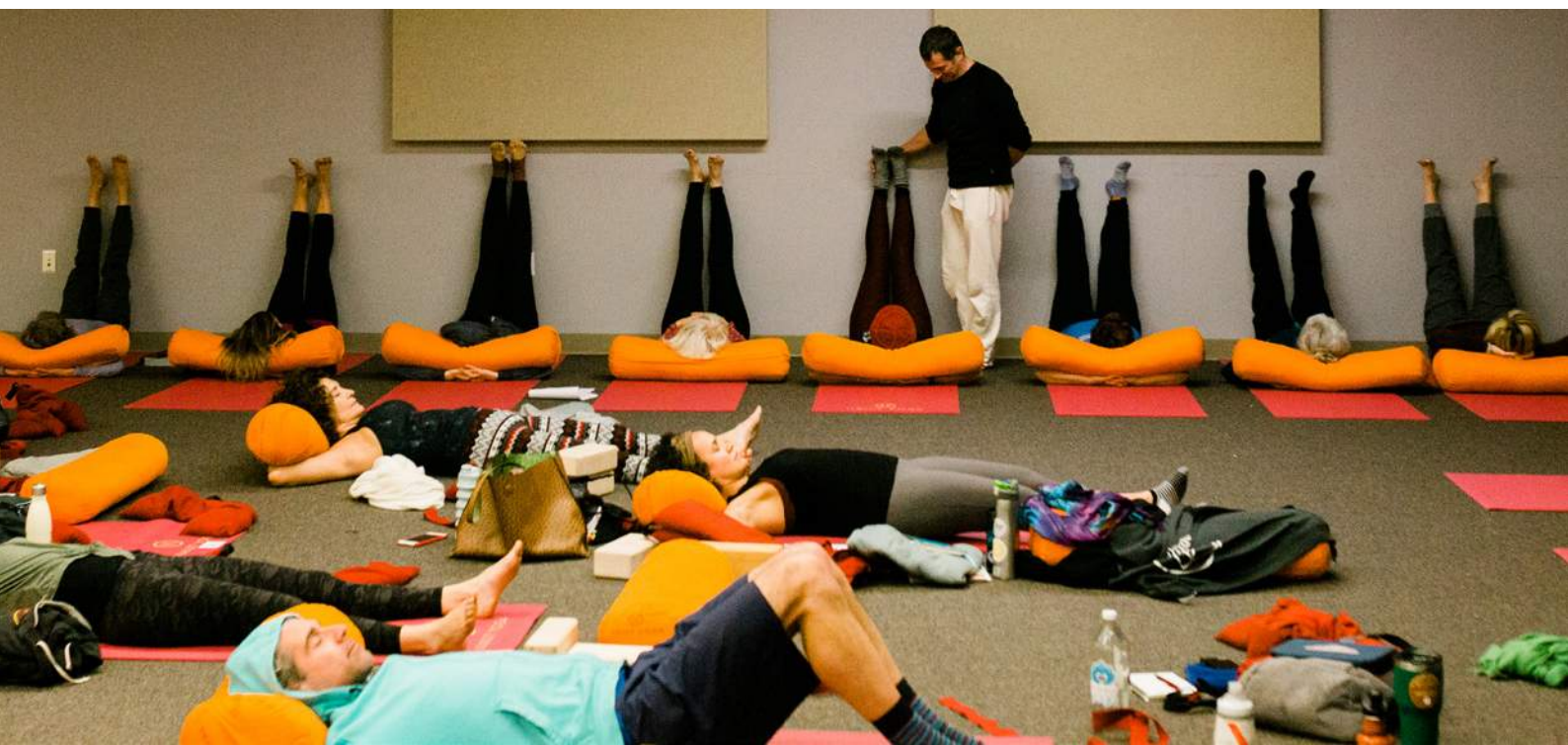


### 3. THE MYTH THAT WE ALWAYS NEED TO DO MORE

Much of modern society is built around the idea of constant productivity. That same mindset has shaped the way we think about the body. There is a widespread belief that a healthy body is one that can tolerate more, move through greater ranges of motion, perform increasingly complex movements, and constantly take on new challenges. Yet healthy movement is not necessarily determined by how much effort the body can produce, but by the quality with which it organizes its functions.

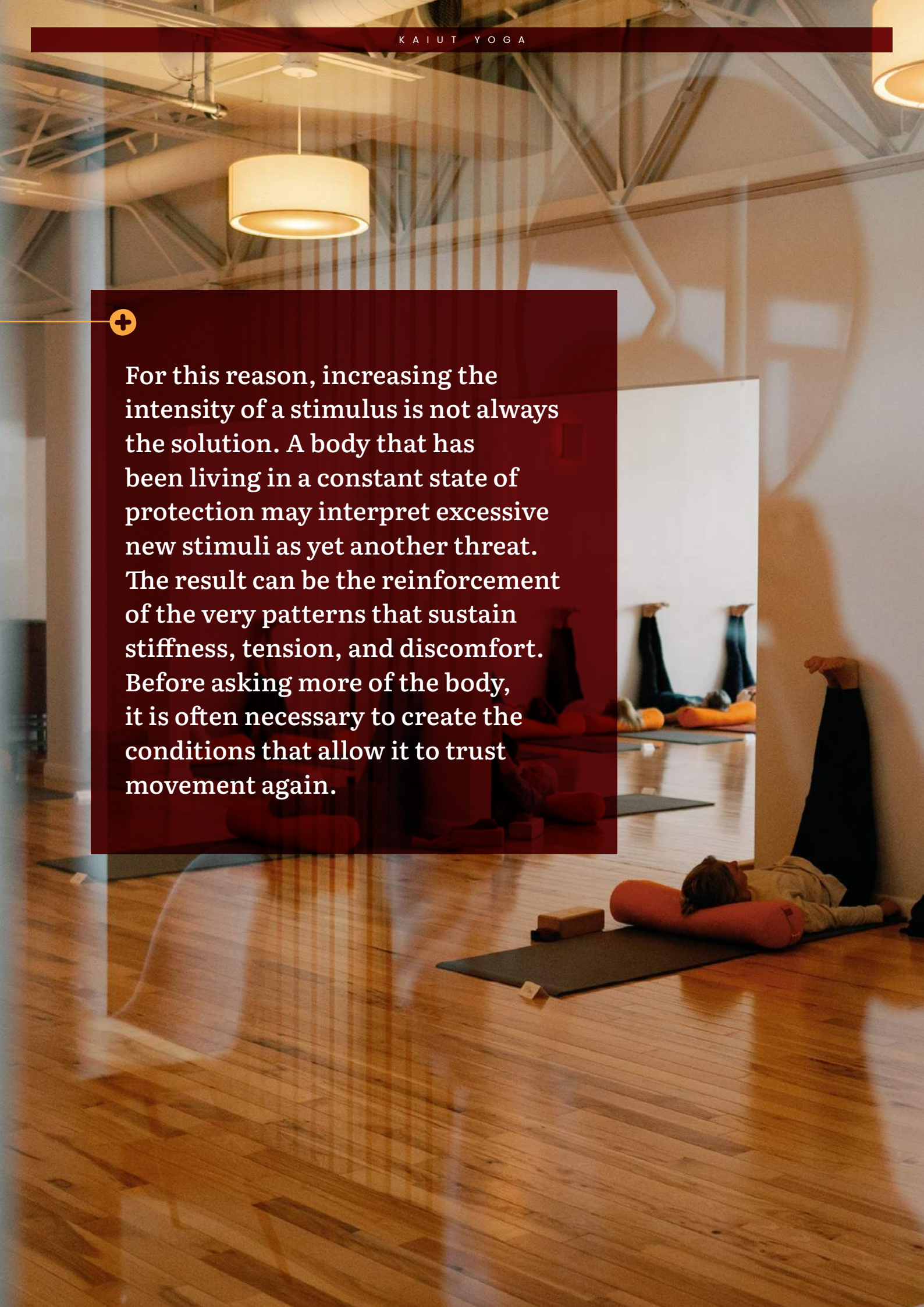
Many people live with persistent pain even though they have no significant structural injury. This is because pain is not simply a signal sent by one part of the body indicating that something is damaged. Pain is an experience constructed by the brain from its interpretation of many different sources of information: signals coming from the tissues, previous experiences, emotional state, the level of perceived threat, sleep quality, accumulated stress, and movement history. As a result, two people can have very similar physical findings and experience completely different levels of pain.

The brain has the remarkable ability to learn and adapt. When one area of the body is perceived as vulnerable, it may increase protection of that region by creating greater muscle tension, reducing range of motion, and developing protective movement patterns. This mechanism is essential for survival because it helps prevent us from continuing to use an injured area in ways that could cause further harm. However, when this protective response remains active long after the original threat has passed, the very mechanism designed to protect the body can begin to limit recovery.





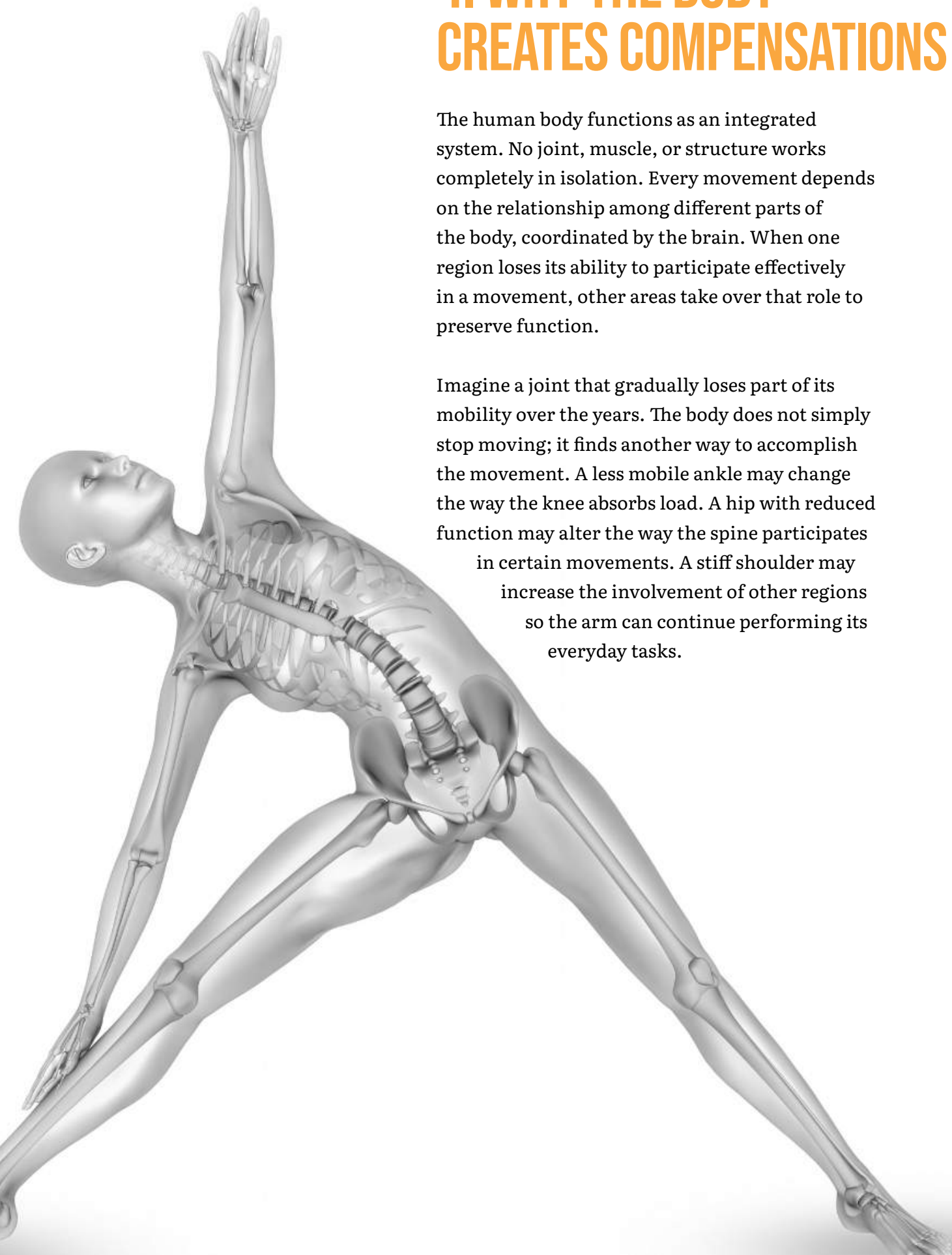
For this reason, increasing the intensity of a stimulus is not always the solution. A body that has been living in a constant state of protection may interpret excessive new stimuli as yet another threat. The result can be the reinforcement of the very patterns that sustain stiffness, tension, and discomfort. Before asking more of the body, it is often necessary to create the conditions that allow it to trust movement again.



## 4. WHY THE BODY CREATES COMPENSATIONS

The human body functions as an integrated system. No joint, muscle, or structure works completely in isolation. Every movement depends on the relationship among different parts of the body, coordinated by the brain. When one region loses its ability to participate effectively in a movement, other areas take over that role to preserve function.

Imagine a joint that gradually loses part of its mobility over the years. The body does not simply stop moving; it finds another way to accomplish the movement. A less mobile ankle may change the way the knee absorbs load. A hip with reduced function may alter the way the spine participates in certain movements. A stiff shoulder may increase the involvement of other regions so the arm can continue performing its everyday tasks.



This capacity to adapt reflects the body's remarkable intelligence, but it also comes at a cost. When a compensation remains in place for a long time, certain regions begin working beyond what they were designed to handle. Tension increases, movement becomes less efficient, and the body uses more energy to perform even simple activities. In many cases, the area where pain appears is simply the location that has absorbed the greatest impact from a chain of adaptations that developed over many years.

Over the past few decades, pain science has significantly expanded our understanding of these processes. Research in neuroscience shows that persistent pain is associated with changes in the way the brain and nervous system interpret and respond to sensory input. Processes such as central sensitization can amplify responses to stimuli that would previously have been considered normal, making the body more reactive. In addition, research on mind-body practices such as yoga and meditation suggests they may help regulate stress, influence the perception of pain, and improve quality of life.

Scientific reviews published in fields such as behavioral neuroscience and health psychology suggest that these practices may influence mechanisms related to attention, body awareness, stress regulation, and self-regulation. Although research is still ongoing to fully understand all of the mechanisms involved, the current body of evidence highlights the importance of approaches that view the body not simply as a physical structure, but as an integrated system in which movement, the brain, and lived experience are deeply interconnected.



## 5. RESTORING FUNCTION IS DIFFERENT FROM IMPROVING PERFORMANCE

The Kaiut Yoga Method is grounded in this understanding: human movement should not be evaluated solely by muscle strength, flexibility, or the ability to perform specific poses. A functional body is not necessarily one that achieves the greatest range of motion, but one that carries out its functions with efficiency, coordination, and the least possible expenditure of energy.

Unlike approaches that consistently emphasize increasing intensity, the Kaiut Yoga Method focuses on restoring movement possibilities that have gradually diminished over the course of life. The practice uses carefully structured poses that respect each individual's limitations while giving the brain the time it needs to recognize and integrate new sensory information from the body.

The goal is not to force the body beyond its limitations, but to create an environment in which it can reorganize its movement patterns. As a joint regains part of its function, other regions no longer need to take on responsibilities they were never meant to carry. The body begins distributing its workload more effectively, reducing unnecessary effort and making movement more efficient.

This shift may seem subtle, but it has a profound impact on everyday life. Walking, sitting, standing up, remaining on your feet, and performing ordinary daily activities no longer require an excessive number of compensations. The body begins using less energy to accomplish what should always have been natural. Progress is no longer defined by doing more, but by functioning better.

Restoring function means giving the body back possibilities that have been lost or diminished. It means allowing it to rediscover more efficient ways of moving. Throughout this process, many people notice not only greater mobility, but also a deeper sense of ease, stability, and connection with their bodies.

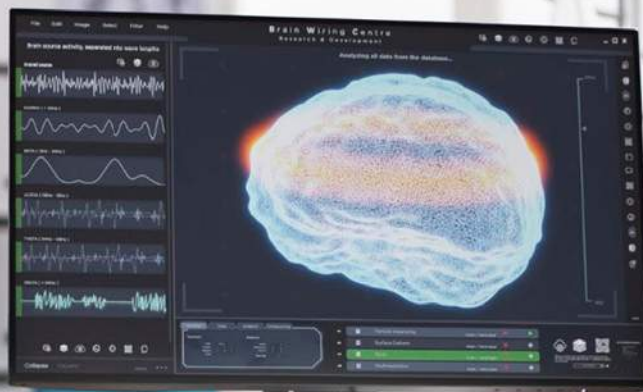




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## 6. WHEN SCIENCE MEETS EXPERIENCE

This relationship among movement, body awareness, and regulation of the nervous system was also observed in an exploratory study conducted by the Kaiut Yoga Institute involving 70 practitioners. During a regular class, participants completed questionnaires about their perceived levels of stress, tension, and pain before and after the practice. In addition, frontal EEG recordings were taken at different points throughout the experience to measure brain activity.

**Following the practice, participants showed an average reduction of 57% in perceived stress, 49% in tension, and 37% in reported pain.**

These findings reached statistical significance within the study's analysis. With respect to the frontal EEG recordings, no detectable changes were identified during the practice. The report itself acknowledges this methodological limitation, noting that a device using only two frontal electrodes may not have sufficient sensitivity to detect more subtle or widely distributed changes in brain activity.

This scientific rigor is important because it reflects a careful and responsible interpretation of the data. Rather than drawing conclusions beyond what the study supports, the research acknowledges its limitations while emphasizing what was observed: a meaningful change in participants' perceptions following a single practice session. These findings align with a growing body of scientific literature on yoga and

contemplative practices, which points to benefits related to stress reduction, improved body awareness, and greater capacity for self-regulation.

Perhaps one of the greatest contributions of the Kaiut Yoga Method is that it offers a different way of understanding the body. Progress does not always mean adding something new. Sometimes it means removing what interferes with the body's natural function. Less tension. Less excessive protection. Less compensation. Less unnecessary effort.

The body possesses its own intelligence and spends much of life seeking balance within the conditions it is given. When we provide the right stimulus, along with time and attention, it can recover pathways that have been forgotten. As function returns, the need for compensation decreases. As compensation decreases, movement becomes more efficient. And when the body finally asks for less, it may simply be because it has rediscovered a more intelligent way to live.

## 7. CONCLUSION: WHEN LISTENING TO THE BODY BECOMES A FORM OF INTELLIGENCE

For a long time, we have learned to understand the body through the lens of effort: the more we do, the more we improve; the more we endure, the stronger we become.

This perspective has contributed to many advances in our understanding of human performance, but it has also fostered a relationship of constant demand with our own bodies. In a society that values productivity, speed, and continual achievement, we often forget that the body is not a machine that must be endlessly pushed, but a living system that seeks balance, adaptation, and efficiency.

Pain, stiffness, and limited movement should not be understood simply as signs that the body has failed, but as forms of communication. They represent moments when the body reveals that its previous adaptive strategies may no longer be sufficient. Before asking for more strength, greater intensity, or higher performance, the body often asks for attention, reorganization, and the opportunity to restore functions that have gradually been lost over time.



This shift in perspective also changes the way we understand aging, recovery, and health. A healthy body is not necessarily one that can perform extreme movements or withstand heavy loads, but one that can carry out its functions with less effort, greater freedom, and more autonomy. True efficiency in movement lies in the ability to use only the energy that is needed, without the unnecessary expenditure created by accumulated tension and compensations.

The Kaiut Yoga Method exists within this space of reconnection among the body, the brain, and movement. By prioritizing joint function, body awareness, and the relationship between the brain and movement, the practice offers a different approach: rather than struggling against the body's limitations, it creates the conditions that allow the body to reorganize its own patterns. Progress is no longer measured by how much we can demand of ourselves, but by our ability to live with greater quality of life, presence, and autonomy.

This understanding also connects with a broader reflection on the relationship between the body and society. As Michel Foucault observed in his discussions of the ways bodies are disciplined and regulated, how we care for and perceive our bodies is inseparable from the cultural values of each era. In a society shaped by productivity and performance, the body is often turned into a lifelong project of self-improvement. Learning to listen to it also becomes a way of stepping away from the belief that it must always be producing, achieving, or pushing beyond its limits.

Listening to the body does not mean giving up movement or avoiding challenges. It means recognizing when a challenge supports growth and when it simply reinforces patterns that are no longer functional. It means understanding that, at certain moments, moving forward depends not on adding more stimulation, but on removing the excess that prevents the body from functioning more efficiently.

Perhaps the greatest transformation lies in this shift in perspective: recognizing that the body does not need to be constantly corrected, pressured, or pushed beyond its limits. Often, it simply needs the right conditions to recover its own capacity for adaptation. As function returns, the need for compensation decreases. As compensation decreases, movement becomes freer. And when the body finally asks for less, it may be revealing not a limitation, but a deeper form of intelligence.





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We all have the resources we need to care for ourselves. Self-care is a powerful form of medicine for our lives, and each of us has the choice to embrace it. Living in a state of presence is a conscious choice that requires education, practice, and dedication. While it may seem challenging at first, it is important to remember that losing what we already have—our health and mobility, to name just two examples—can be far more difficult.

Francisco Kaiut



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