THE PRACTICE FOLLOWS, IT DOESN'T CORRECT

CONTENT

INTRODUCTION

IN THE KAIUT YOGA METHOD, THE PHRASE "THE PRACTICE FOLLOWS, IT DOESN'T CORRECT" IS NOT JUST A CHOICE OF WORDING, BUT A PROFOUND SHIFT IN HOW WE UNDERSTAND THE BODY.

Instead of treating it as something that needs to be adjusted to an ideal standard, this perspective is based on the understanding that the body is a living, adaptive system, constantly changing.

We live in a culture that associates discomfort, pain, or limitation with error. The most common response, then, is to try to fix it. Adjust posture, stretch what feels tight, strengthen what seems weak. While intuitive, this logic oversimplifies how the body actually works. When we look at advances in fields like Neuroscience, Motor Control, and pain science, we see that the body does not respond well to imposition because it does not function like a machine. It learns, interprets, adapts, and reorganizes itself based on the experiences it goes through.

Following the body, in this context, does not mean a lack of direction, but a quality of stimulus. It means recognizing that change depends less on external correction and more on how the nervous system perceives, interprets, and integrates movement. What the Kaiut Method proposes is precisely this shift in focus: moving away from control and into a process of building.

THE BODY AS AN ADAPTIVE SYSTEM

(beyond mechanical logic)

The idea that there is a “right way” to move is still deeply rooted. It shows up in how we sit, walk, or even breathe. However, studies in Motor Control show that human movement is not standardized, but emergent. It arises from the interaction between the body, the environment, and the task, constantly adjusting based on the conditions available.

Researchers like Nikolai Bernstein demonstrated that the nervous system does not rigidly control movement, but organizes solutions. This means that, when faced with the same task, the body can find different ways to perform it. This variability is not an error, but an essential characteristic of biological systems.

MOVE AWAY FROM TRYING TO CONTROL AND STEP INTO A PROCESS OF BUILDING.

When we observe daily life, this becomes clear. A person who spends many hours sitting develops specific adaptations in the hips and spine. Another, who works standing, will have a completely different pattern. Neither of these conditions is a problem on its own. They only become limiting when the body loses the ability to vary.

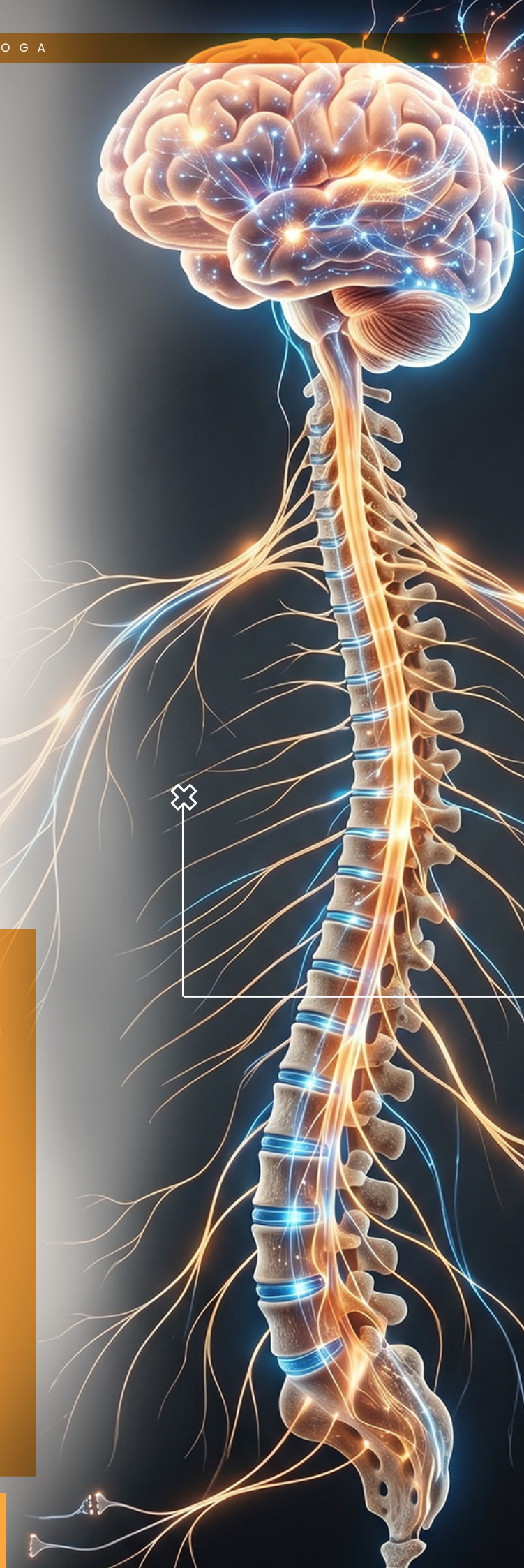
This is where the idea of correction fails. Trying to impose a pattern ignores the process that led to that state.

THE KAIUT METHOD, INSTEAD, WORKS BY CREATING NEW POSSIBILITIES SO THE SYSTEM CAN FIND DIFFERENT PATHWAYS WITHOUT CONFLICT.

NEUROPLASTICITY and how the body learns

Neuroplasticity shows that the body is shaped not only by genetics, but primarily by experience. The brain continuously reorganizes its connections, strengthening circuits that are frequently used and weakening those that are not stimulated.

Research conducted by Michael Merzenich shows that this capacity for adaptation continues throughout life. Studies with musicians, typists, and athletes reveal significant changes in the brain related to the specific demands of each activity.



In practice, this means that the body you have today reflects habits accumulated over time. Movements that are avoided drop out of your repertoire, while frequently used patterns become automatic.

A person who avoids bending due to fear of pain may lose that ability, not because of structural limitation, but because of lack of use.
Change, therefore, does not happen through immediate correction, but through the consistent introduction of new experiences.

Pain, PERCEPTION, AND SAFETY

Pain neuroscience shows that pain is an experience created by the brain based on the perception of threat. Researchers like Lorimer Moseley demonstrate that this perception involves multiple factors, including memory, context, and expectation.

Studies indicate that structural changes are not always associated with pain, reinforcing the idea that the pain experience is modulated by the nervous system. This explains why many approaches focused only on structure do not produce lasting results.

When movement is perceived as threatening, the body responds with protection. This protective response can limit movement and perpetuate discomfort.

BY GRADUALLY AND SAFELY REINTRODUCING MOVEMENT, THE NERVOUS SYSTEM CAN UPDATE ITS INTERPRETATION, REDUCING THE DEFENSIVE RESPONSE.

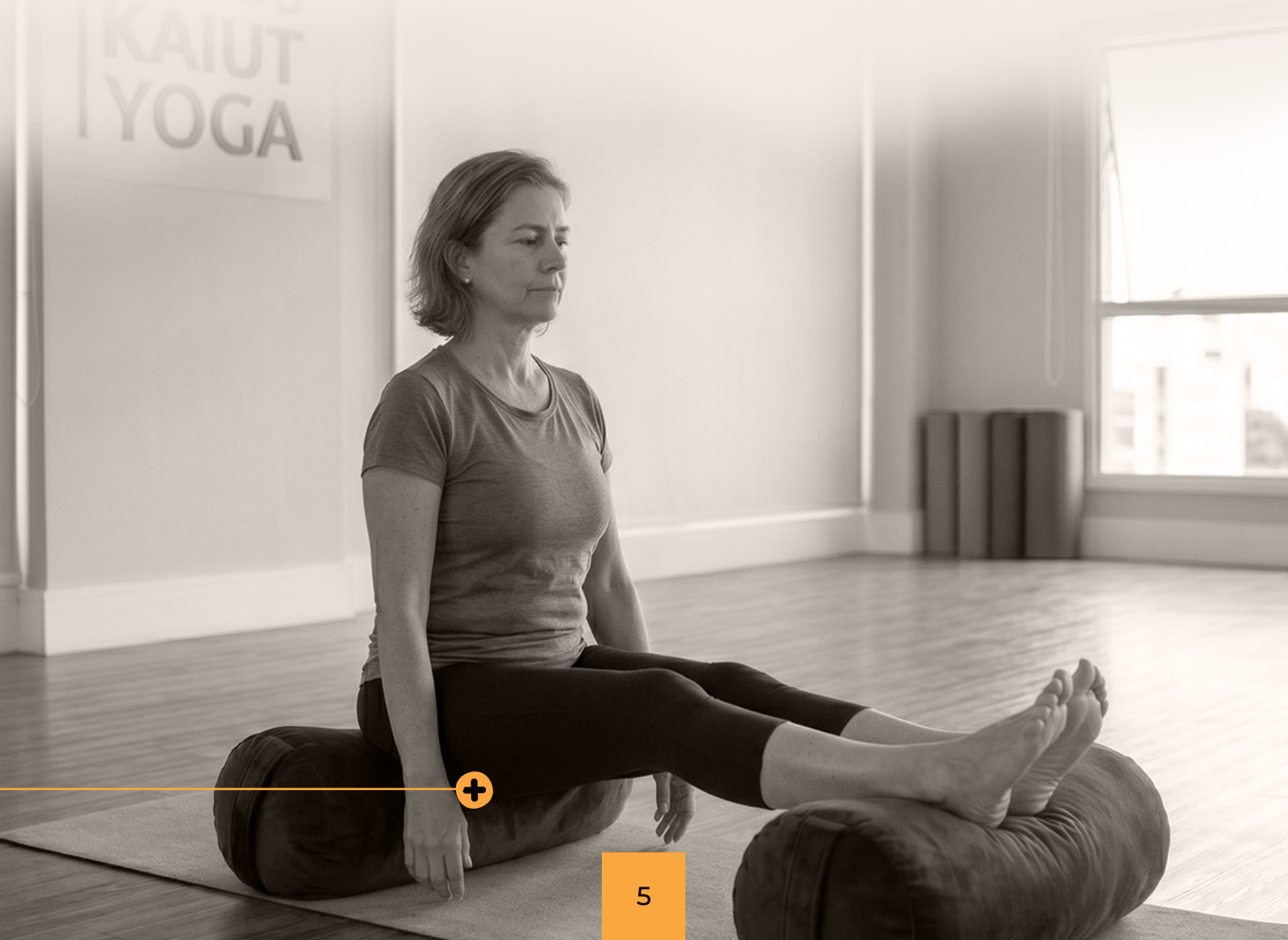
PROPRIOCEPTION, variability, and movement reorganization

Proprioception plays a fundamental role in movement organization, allowing the brain to receive information about body position and movement. This communication depends directly on joint mobility.

When mobility decreases, the quality of sensory information also declines, affecting motor control. At the same time, within Motor Control, variability is considered essential for adaptation.

HEALTHY BODIES ARE THOSE THAT CAN VARY MOVEMENT AND RESPOND TO DIFFERENT DEMANDS.

The combination of improved proprioception and increased variability creates an environment that supports movement reorganization, expanding the system's possibilities.



Kaiut Yoga Method:
PRACTICE AS AN ENVIRONMENT FOR ADAPTATION

The Kaiut Yoga Method is structured around these principles, creating a practice that respects how the nervous system works. Instead of imposing patterns, it provides stimuli that allow for gradual adaptation.

Working with the joints improves proprioception, while consistent repetition aligns with motor learning. Respecting individual limits keeps the autonomic nervous system in a state that supports learning.

THIS APPROACH TRANSFORMS PRACTICE INTO AN ENVIRONMENT OF EXPLORATION AND DEVELOPMENT, WHERE THE BODY CAN REORGANIZE WITHOUT IMPOSITION.

Conclusion

By integrating knowledge from neuroplasticity, proprioception, the autonomic nervous system, and motor learning principles, it becomes clear that the body does not need to be corrected in order to change. It needs appropriate stimuli and an environment that supports adaptation.

The Kaiut Yoga Method stands out by respecting this logic, creating the conditions for lasting change.

WHEN THE BODY IS TREATED AS A LIVING SYSTEM, CHANGE HAPPENS FROM THE INSIDE OUT.

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We are a combination of factors that include our personal history, genetics, and personality. It’s not possible to determine exactly when the benefits of yoga and self-care will appear, but they emerge when we let go of expectations and commit to the process. While many say the practice is difficult, it’s important to recognize that living with pain, helplessness, and deep stress is far worse."

— Francisco Kaiut

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