



## Lesson 15:

# **Techniques for Increasing Proprioceptive Awareness – Part II**

Building the container

Describe the concept of *proprioceptive sonar*.

How do you perform *bone loading*?

What's one way to send a *proprioceptive ping* into the body?

What is meant by the concept *building the container*?

What may be some of the benefits of integrating weighted blankets into your sessions?

