



Lesson 5:

Introduction to the Kinesphere

Finding your space.

What is meant by the term *kinesphere*?

How does your breath relate to the size and quality of your kinesphere?

What are three ways you can support a healthy kinesphere within yourself?

If you are not familiar with the autonomic nervous system, spend some time looking it up and learning about it.

What is meant by the term *autonomic bubble*?

