



Lesson 7:

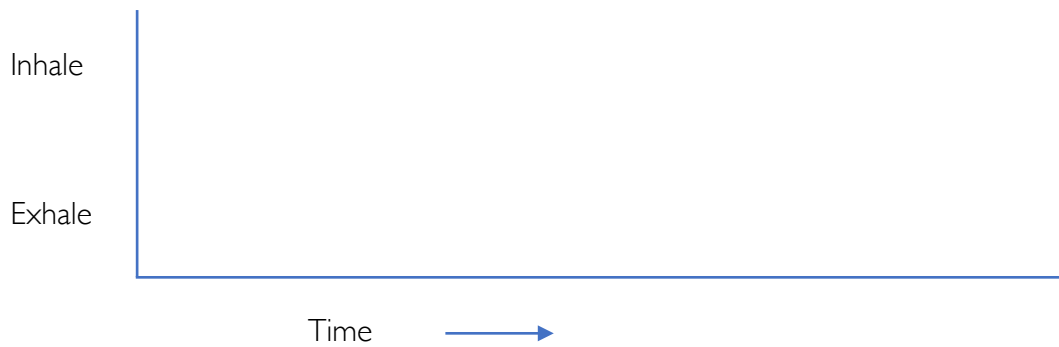
Introduction to the Connection Phase

Finding breath and practicing attunement.

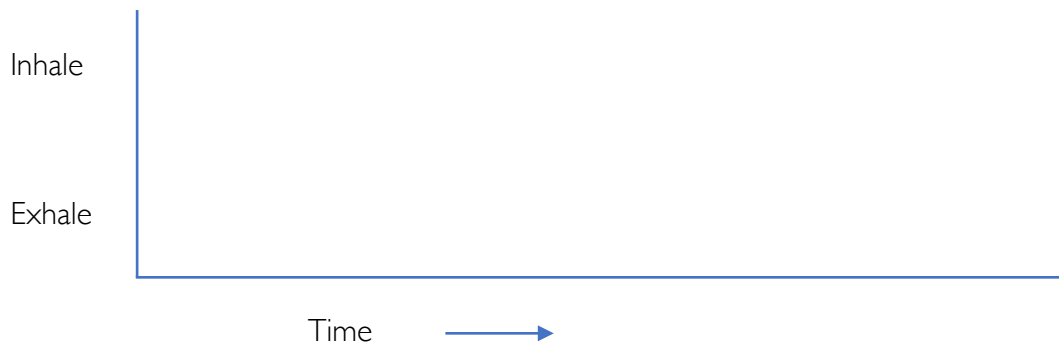
What are the goals of the *Connection* phase?

Draw a mechanical breath wave and a dynamic breath wave. What do you imagine they would look like?

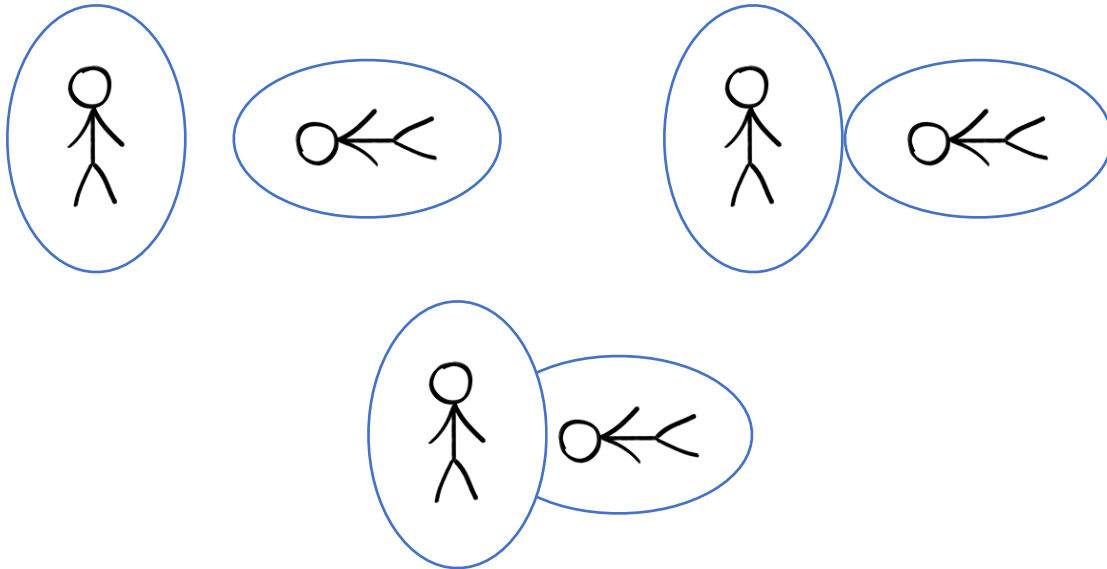
Mechanical Breath



Dynamic Breath



Although your client is laying down and you are not walking toward each other, your kinesphere or autonomic bubble still exerts a type of *nervous system pressure* on your client. Which of these images represents attunement to this boundary pressure?



Why does the image you chose represent attunement?

If you are not familiar with the vagus nerve, spend some time looking it up and learning about it. Why might tapping into the reflexes of this nerve be helpful?

What are three markers that you are building connection with the client's body?



In the lesson, I talk about different areas of the client's body and how the boundary bubble might be more pulled in in certain places and more expansive in others.

What are some areas of your body where your boundary bubble might be more pulled in?

What are some areas of your body where the boundary bubble might be more expansive?

Describe three tools from the demonstration that you can take into your sessions.

What are the benefits of opening the endpoints of the body?

What is a resource you could call on at the start of your sessions?

