



Lesson 6:

Kinesphere Practice

Developing awareness of your space.

When you have time, explore this walking exercise with a partner. Afterward, answer these questions:

What are some of the somatic markers you noticed during this exercise?

Which somatic markers in particular indicated that you had reached the edge of your boundary?

What is meant by the term *arousal* as used within this exercise?

What is meant by the term *regulate* as used within this exercise?

What is meant by the term *unified autonomic field* as used within this exercise??

