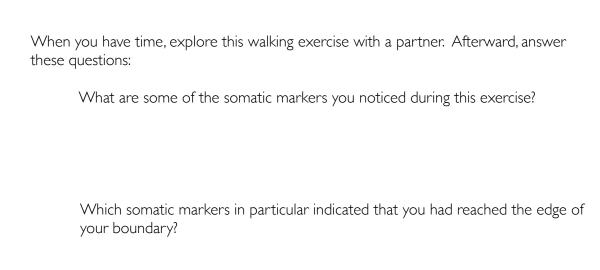


Jonathan Grassi, LMT, CPTMI, Instructor

## Lesson 6:

## **Kinesphere Practice**

Developing awareness of your space.



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??

