



Lesson 13:

Building Inner Perception

Coming home to the body

What is proprioception?

What is interoception?

Why is developing these inner senses within your client critical to doing transformational bodywork?

"Pain is a signal that we don't have enough information."

What are your thoughts on that concept?

"Kinesthetic intelligence serves as a foundation for all other forms of intelligence."

What are your thoughts on that concept?

"Proprioceptive health creates a basis for emotional regulation."

Why might this be the case?

