



Lesson 14:

Techniques for Increasing Proprioceptive Awareness – Part I

Increasing connection

“Your touch is a mirror.” Explain what is meant by that concept.

Describe a few ways of creating compressions that are effective at increasing proprioceptive awareness within the client.

Describe the technique of *joint loading*. When can it be useful?

Spend some time practicing the push, pull, twist technique on yourself. What do you notice?

Why might pressing into the transverse planes of the body be particularly helpful?

Which techniques from this lesson would you most like to try on your clients?

