



Lesson 19:

High Tone Armoring Demonstration

Transformation through attunement

What does it mean to hold these concepts implicitly versus sharing them explicitly?

What is the technique of *matching*?

Fill in the blank

When high tone softens _____ is released into the body.

When a high tone area releases, why might it be helpful to offer support and containment to nearby areas in the body?

Why might you want to build proprioception in the client's body before going further into an area of armoring?

What does it mean by the phrase *the client's system is yielding*?





How might you know if a high tone area is ready to release?

Why might providing an eye cover increase the feeling of containment in a client's body?

What is meant by a *doing* style of touch?

What is meant by a *receiving* style of touch?

When might you want to switch from a *doing touch* to a *receiving touch*?

