



Lesson 22:

Low Tone Armoring in the Body

Identifying subtleties in the tissue

What is meant by the phrase *lack of integrity in the body*?

When you try to use proprioceptive loading with a low tone area, what tends to happen?

What are some indicators that the area you are working may have low tone armoring?

What is the difference between *emotional release* and *feeling* as described in this lesson?

What are some indicators that an emotional release may not be supporting integration within the client?

What is meant by a break in the through-line of the body? How might you notice a break in this through-line?

Palpate a few different areas of your body. See if you can find an area that may have low tone. Take a moment to breathe into that area and offer it compassion.

