

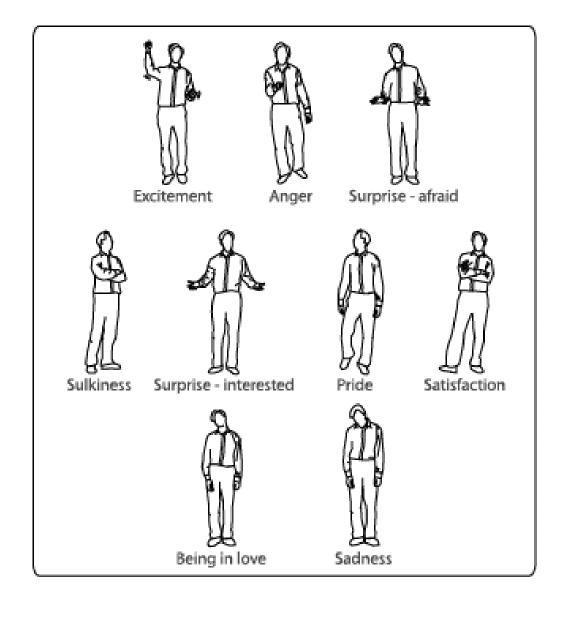
BODY/POSTURE AWARENESS



Look in the mirror or take a picture of yourself.

Notice your posture/body language.

Sense the emotions and thoughts associated with your posture.



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Write down your thoughts, feelings and sensations associated with your posture/body language.

COMPARE & RELAX



Move your body into preferred state/position.

Notice the difference.

Pendulate back and forth between negative and positive states and notice the difference.

