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These become integrated into larger

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neurological patterns of movement through which the human being organizes the total body, providing neuromuscular coordination, “connectedness,” and a sense of basic comfort and being “at home” on earth in an embodied way.

Making Connections: Total Body

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The breath gradually expands outwards connecting the inner core to limbs all 6 limbs (2 hands, 2 feet, head, tail) which reach outward away from center, and back inward toward center, like a starfish or octopus, squid, the core of the body is activated and connected through the midlimbs to the distal ends of

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encourages personal expression and full psychological involvement.

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Her work on the page and in the studio/clinic leaves no doubt that a healthy, well-integrated body leads to a lively, empathic, and well-organized

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