

**Creating Space**  
**Proprioception exercises to try at home**

Having tools and increased capacity for interoceptive awareness for emotion regulation is useful for most everyone.

**Centering Exercise**

**Put one hand over your heart and rest your other hand on your belly. Lengthen your spine. Take several full, slow breaths. Notice the fullness of your body as you let your breath come and go.**

**Grounding Exercise**

**Stand, in a relaxed position, focusing attention on the sensations in your feet. Put weight on different areas of your feet: front, back, sides. Then play a bit with movement — bending your knees, moving up and down. Sense the ground through your feet and legs.**

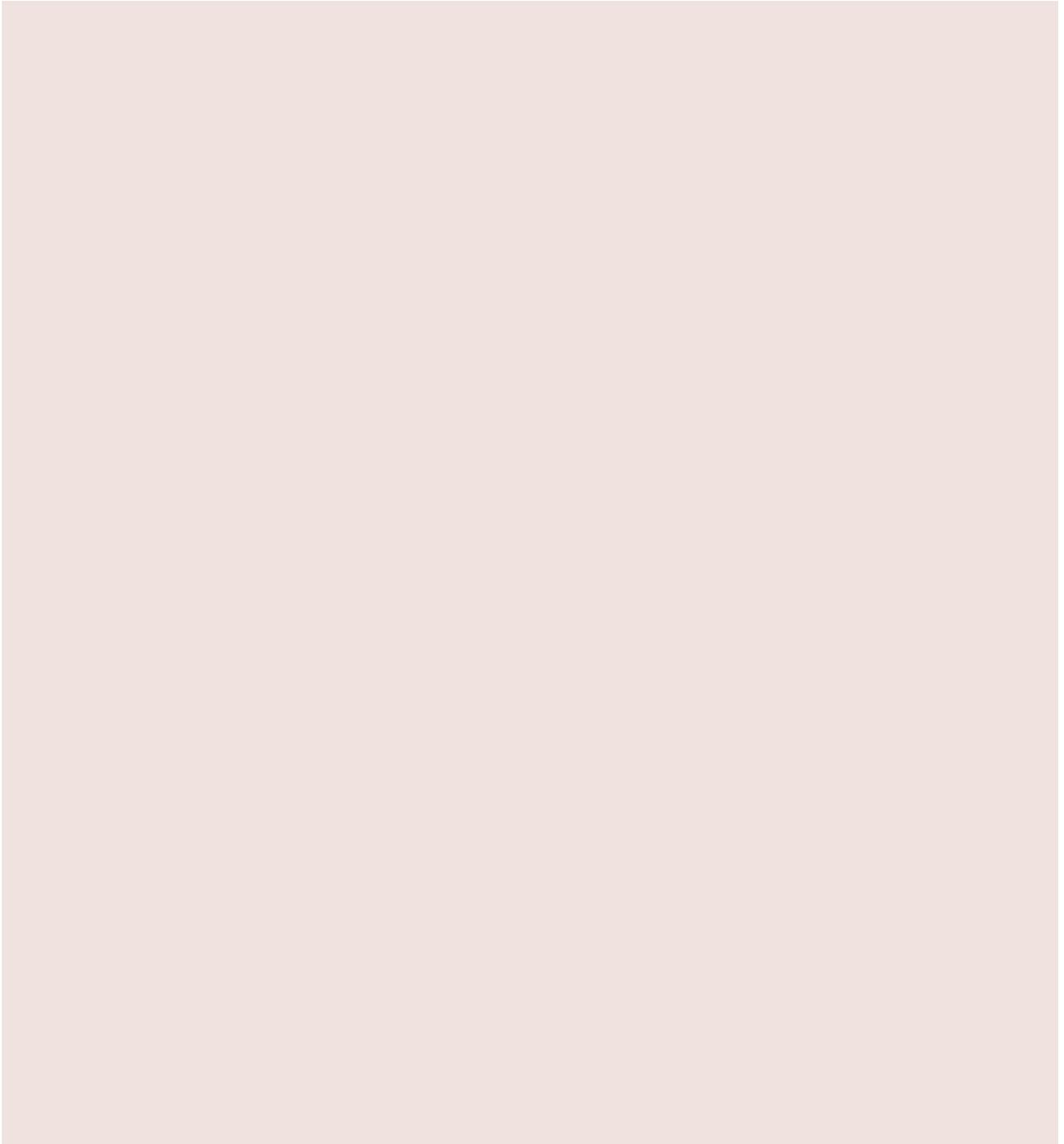
**Alignment Exercise**

**Take a little time to become aware of how your body aligns in a vertical direction: your ankles on top of your feet, your legs on top of feet and ankles, the pelvis resting on your legs, torso on pelvis, your head supported by shoulders and torso, arms hanging off your torso. Then imagine that you are being lifted by the top of your head. Also imagine the feeling of gravity pulling in the opposite direction on the bottom of your spine. Next, shift from feeling stretched to allowing your spine to collapse. Repeat several times these two movements with the flow of your breath — expand on the inhale, and then collapse on the exhale.**

**Walking Exercise**

**Bring all your attention to your body as you walk (and out of your head and worries). Notice how your feet hit the ground, how your feet roll, the movement in your knees, and corresponding sensations in your hips and shoulders. Play with your usual gait. Practice pushing off with your feet or walking at different paces. Notice the corresponding changes in body sensations.**

# Notes & Key Takeaways



**WORKSHEET – Introduction to the Nervous System**  
*with Martha Mills | TRMBW Module 2*

***Over the next few days' notice the next time you find yourself in a stressful situation and take note of what happens***

***In my physical body I felt... (body sensations, areas of tension etc)***

***Reflect on how you got here and why...***

***Using the feelings wheel I felt these emotions in my physical body...***

***How did I relate to the world around me...***

***Then put on your favorite song, close your eyes***

***Notice sensations in your physical body, which parts of your body did you feel the most, notice the space you are taking up***

***How did you feel in your emotional body?***

***Notice any shifts that you feel***

**Please take the time to listen to this podcast with Deb Dana before our session on Saturday 22nd October.**

<https://resources.soundstrue.com/podcast/deb-dana-befriending-your-nervous-system>

**Before our session on the 22nd October please take time to listen to the following interview with Judith Hanson Lasater. Please write down any thoughts, insights on the reflection page, come ready to share.**

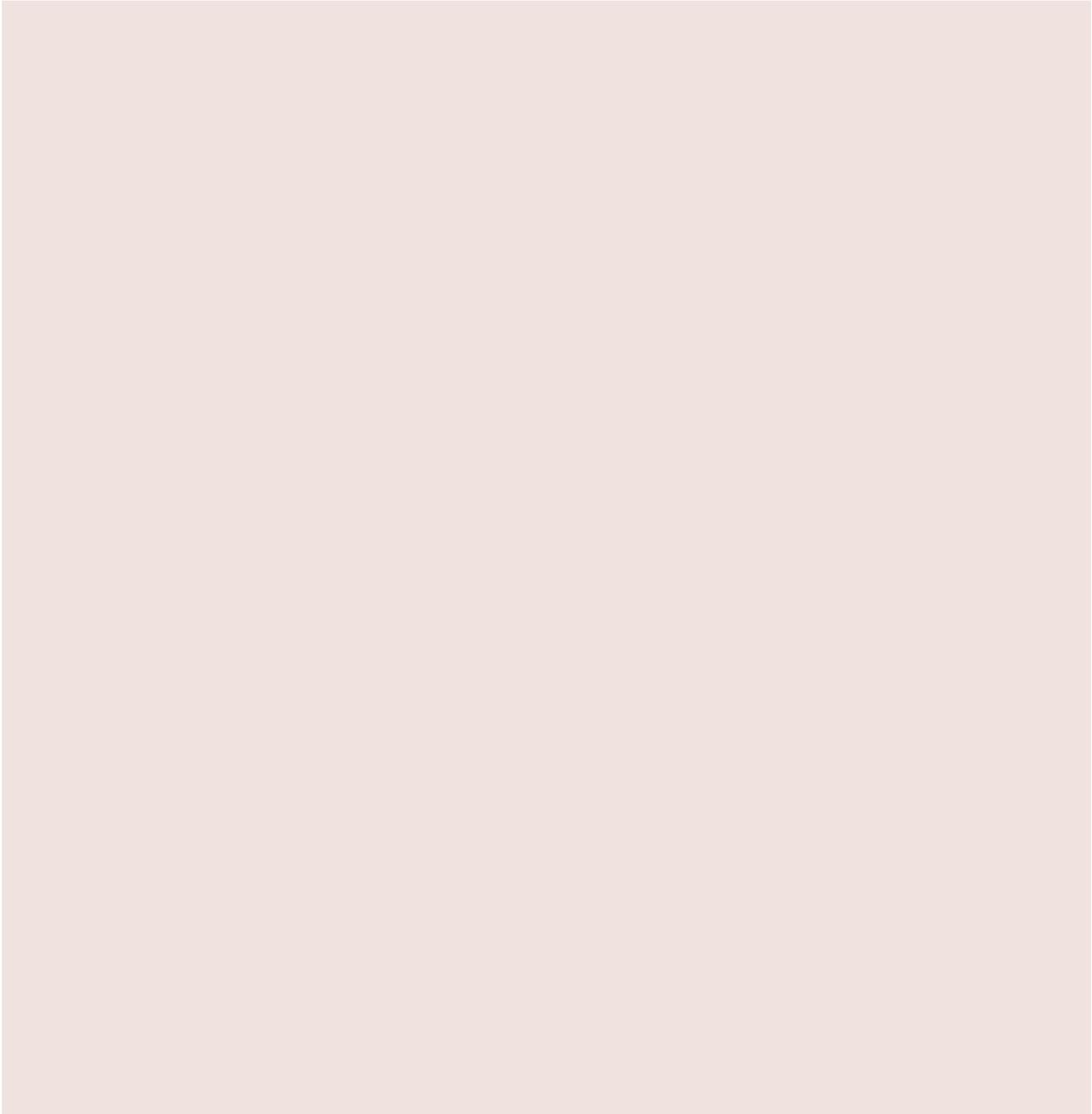
**Restorative yoga and the importance of slowing down with Judith Hanson Lasater**

[https://podcasts.apple.com/us/podcast/restorative-yoga-and-the-importance-of-slowng/id1335221698?](https://podcasts.apple.com/us/podcast/restorative-yoga-and-the-importance-of-slowng/id1335221698?i=1000479103477)

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# Notes & Key Takeaways

Please feel free to write down any insights or questions that you had from this podcast that you might want to share.



# Reflection

Restorative yoga and the importance of slowing down with Judith Hanson Lasater

