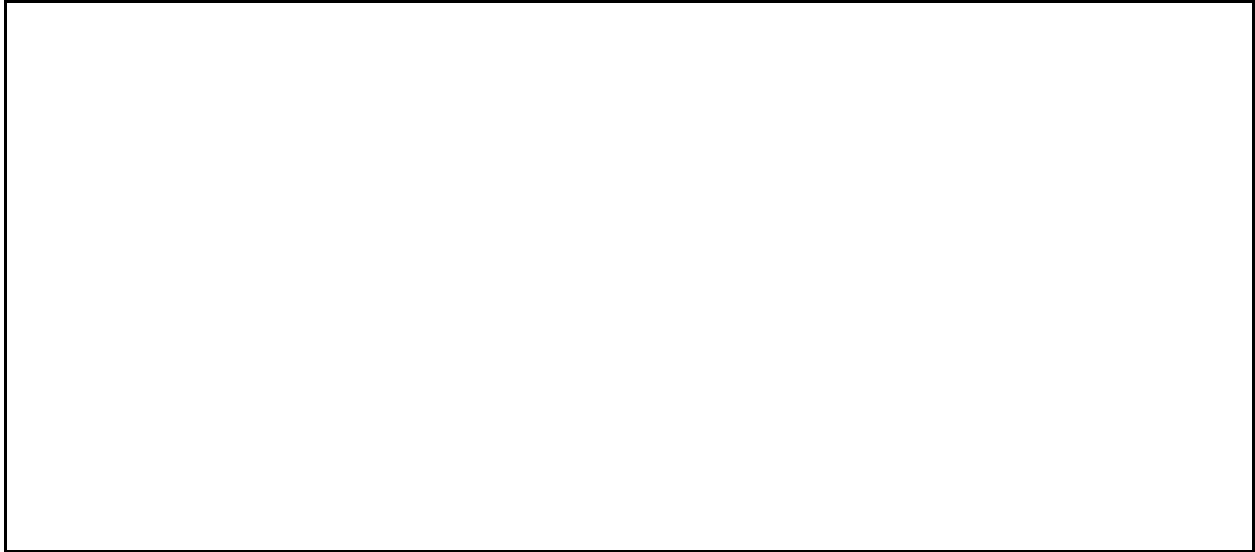


**WORKSHEET – Homework –
Conversation with the body**
with Martha Mills | TRMBW Module 2

Which part of your body do you struggle to connect with and move into? Opportunity to reflect on why this might be.

How could you prepare a space for you to start a conversation with the body?

What would you say to your body?

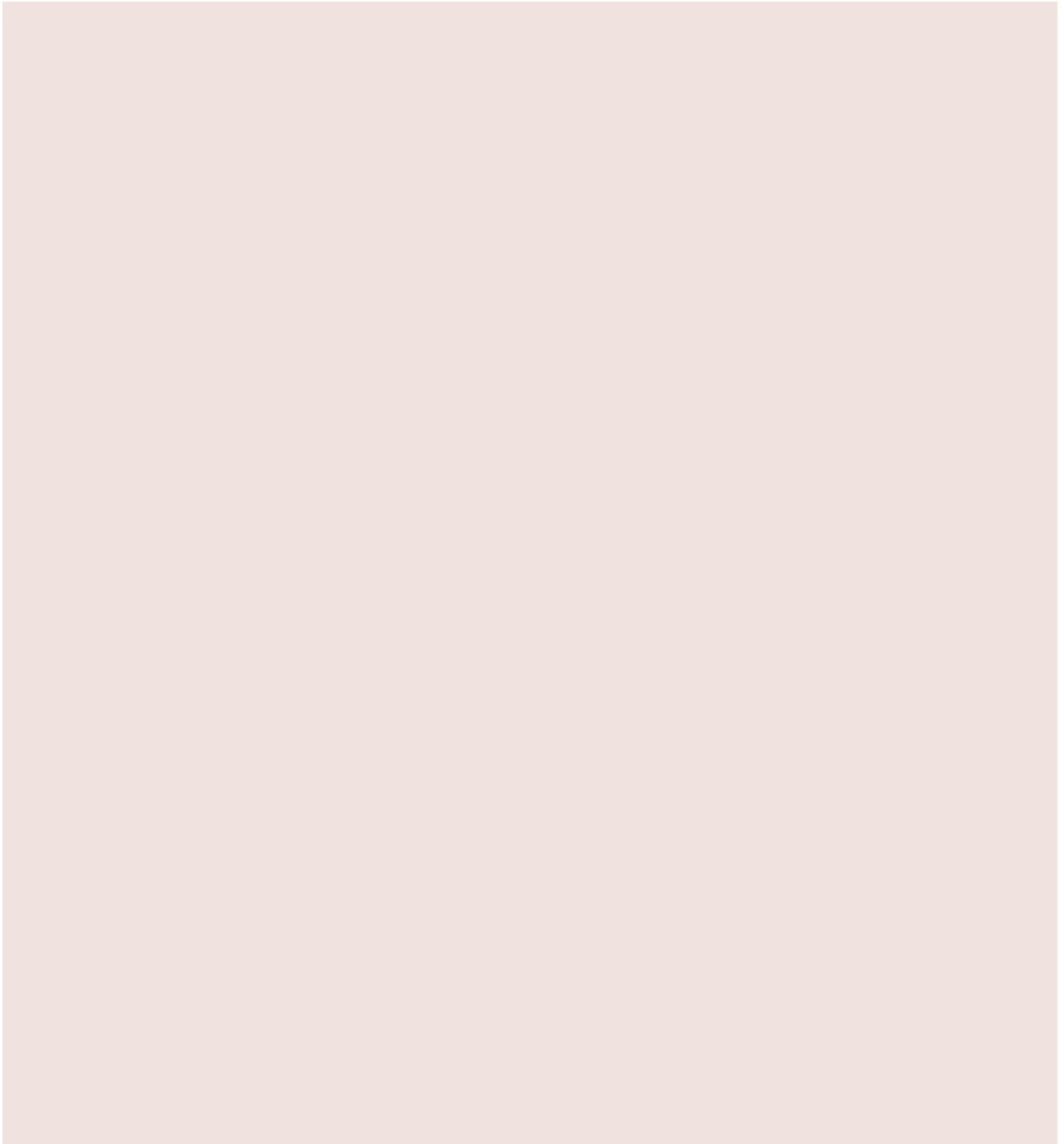


How would you approach feeling and releasing into this part of your body? E.g. self-massage, ball, roller, technique

Reflect on how that conversation was for you? How did the body respond to the conversation?

How would you like to continue to converse with your body? Would you like to do anything different next time?

Notes & Key Takeaways



Reflection

