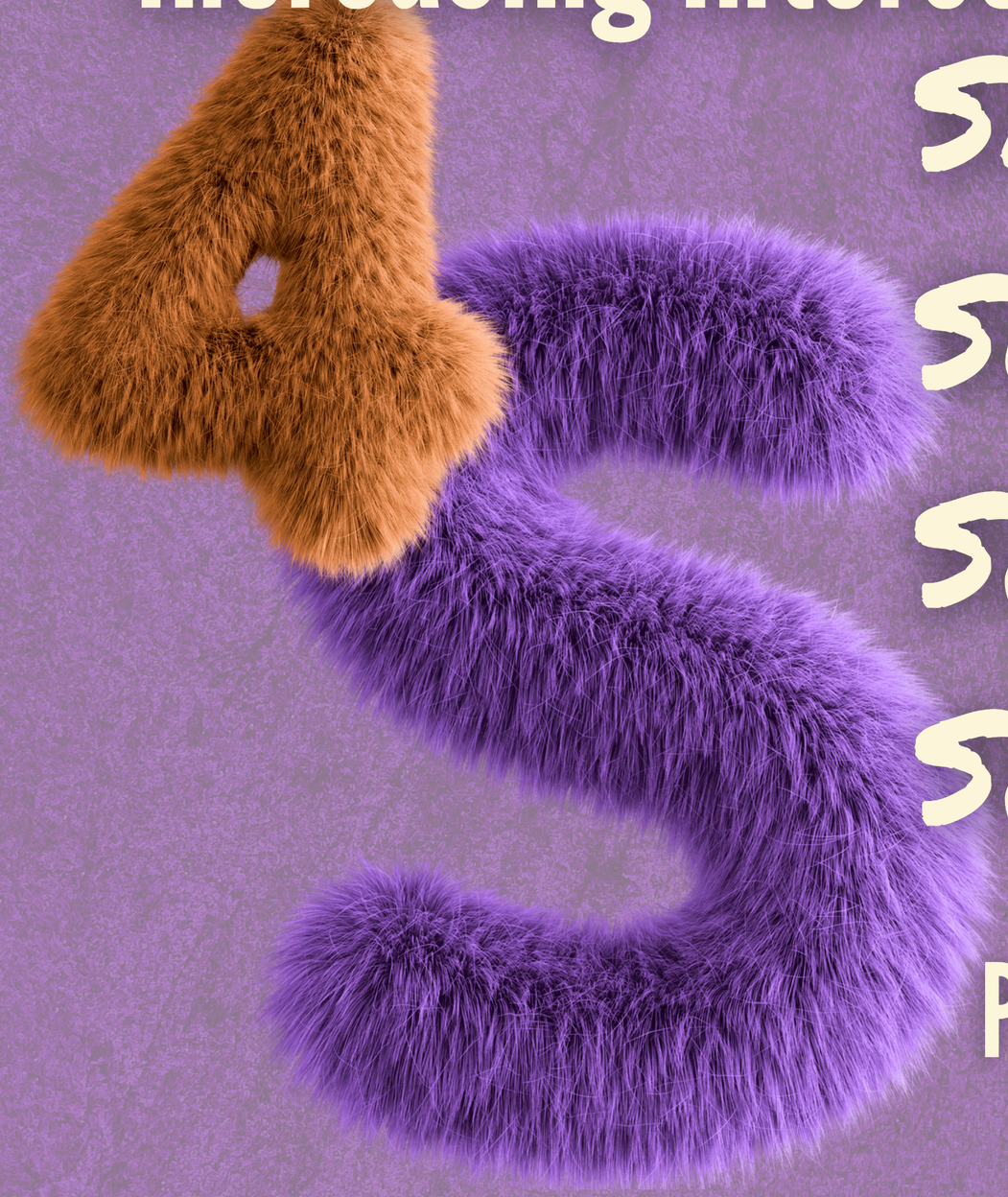
Increasing Interoception Through Movement



SAFE Look for the safest space within any movement.

SLOW Move slower to track more within each movement.

SMALL Less is more. It still accomplishes a lot.

SMOOTH Healthy movements have a glide-like feeling.

Pursue *quality* before *quantity*.

body based voice with JMoss