



LIST OF TECHNIQUES

This list names 35 techniques, the students will become familiar with 27 of them, depending on the need of the particular group.

1. Attunement
2. negotiation of the auric field
 1. learning healthy boundaries
3. palpation of the auric field
4. proprioception of energy
5. navigation of the polarities of the body
6. holding the feet and connecting to the earth
7. belly rock and processing the consciousness of the gut
8. connecting the belly to the seat of intuition in the third eye
9. shoulder cradle
10. neck cradle
11. head cradle
12. north pole stretch
13. footwork
 - a. polarity pump
 - b. ankle rotations

- c. toe work
 - i. pulling the joints of the toes
 - ii. swirling the toes
 - iii. holding the toes
- d. tendon work
- e. inner ankle press
- f. twanger
- g. outer ankle press
- h. cuboid contact

14. connecting the foot to the diaphragm

15. balancing negative pole with neutral pole

16. rocking the clavicle with the diaphragm

17. working the long lines of the body

- a. ether
- b. air
- c. fire
- d. water
- e. earth

18. connecting the diaphragm to the diaphragm of the arm/elbow

19. shaking out the energy of the arm

20. flipping the wrists

21. finger pulls

22. finger twirling

23. unwinding the palm

24. thumb wedge

25. inner elbow

26. diagonals

- a. wrist-ankle
- b. elbow-knee

c. shoulder-hip

27. grounding through the feet

28. cranial work

a. occipital press

b. angels blessing

c. thoracic cranial unwind

29. umbilical third eye balance

30. hearts embrace

31. energy sweeps

32. infinity

33. scraping the mud clearing the aura

34. helping up

35. brushing off