



## **Movement Journey Guide**

This note-taking guide will be useful for tracking your journey to better movement. Movement should be a creative process so that even a movement done many times has room for variation, adjustability and deepened understanding through awareness.

The volume of material in this course can be entertaining and yet overwhelming. Let this guide help to turn entertainment to learning; and overwhelming to doable.

*I urge you to keep an online folder or physical binder for this course.*

May this be your guide for moving and feeling better because quality of movement is quality of life.

Warmly,

*Lynn Punturiere*

Creator of ReVive Your Stride



## Your Sense of Self

For each movement process, we start and end with what we call an Initial Test or Reference Movement. It's simply a benchmark for mapping what you sense in your body before you begin a lesson, and what might feel different afterward.

Feeling differences is an important part of this work. It's these differences that alert our nervous system that something changed. Being aware of these differences is the first step to learning something new or upgrading habitual patterns that no longer serve us.

***"Habits reside deeply in the nervous system and that's where we need to work if we want to change them."***



Use the shape below to answer any of these questions, "What does my overall shape resemble in my mind?" Do you feel any sensations of temperature, pressure or vibration in any particular areas.

You can doodle on this human image below to note which places feel bigger, smaller, thicker, thinner, tight, wide, flat, etc. You can keep a visual diary before and after each lesson. Use any symbols you like or shade certain areas.

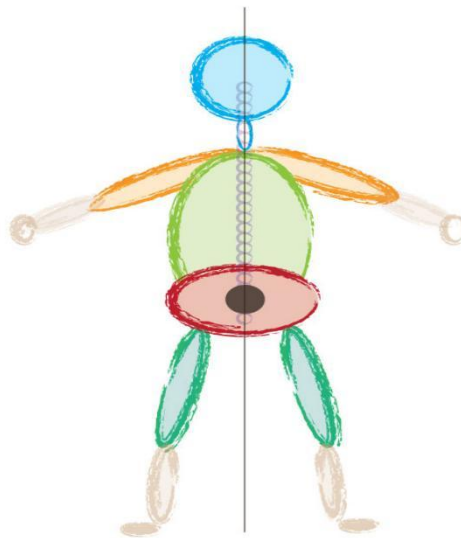



Illustration ECC Jannie Smit © 2021

If doodling isn't your thing, you can always write a few words that describe your sensations.

 Go Slow. Take the time to notice.

<u>BEFORE the Session</u>	<u>AFTER the Session</u>
What am I noticing in myself now?	What did this lesson change for me?
<ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li></ul>	<ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li></ul>



Play and download the Body Scan file located online in your course. It's one of many examples of a body scan to gain a sense of your personal map as it is in this moment. We use many variations of these body scans before and after each process, but this is a good start. You'll become faster and faster at finding your map with practice, and you'll have plenty of opportunity to practice in the program.