

PATTERNS OF TOTAL BODY CONNECTIVITY

DEVELOPMENTAL PATTERNS

These are the underlying neurological patterns that support sensory-motor development for human and other species. This information comes from *LABAN MOVEMENT ANALYSIS* and the *Body-Mind Centering Systems* of Somatic Body Education.

BREATH (Cellular and Lung Respiration)

CORE-DISTAL (Naval Radiation)

HEAD-TAIL (Spinal)

UPPER-LOWER (Homologous)

BODY HALF (Homolateral)

CROSS LATERAL (Contralateral)

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