

My Integration Log

Module 14 · Deeper Neuro Integration

Space for the bridge and standing work, plus a little-signals log for the moments in your day when you catch the old pattern and offer your center the new option.

The bridge (lift from the feet, neck soft)

The squeezezy bridge with the ball

Standing, from the ground up

A little signal I caught in my day

Another little signal

One more

REMEMBER

Your body is in charge. No pain, ever. Stay supported and comfortable.
Twenty-five percent is full participation. There are no right answers here.