

POTENTIAL BENEFITS OF WORKING WITH THE TUNING BOARD

- **Increase the body's freedom of movement;**
- **Increase connectedness and flow throughout the body;**
- **Increase the body's ability to be centered, and to move in and out of centeredness;**
- **Increase the ability to balance;**
- **Improve myofascial balance in the body through reducing compensations.**
- **Restore the flow of movement and energy, including spinal motility in its expression as a wave-like motion;**
- **Encourage and accelerate the experience and process of fuller embodiment and kinesthetic awareness;**
- **Restore or encourage a person's ability to use their own body as a primary resource;**
- **Provide a fuller experience of verticality and orienting in 3-dimensional space;**
- **Increase one's ability to more confidently experience and cope with the polarities inherent in life, through successful experience with managing motion and stability;**
- **Encourage creativity through the somatic integration of stability and movement, tension and release, discomfort and flow;**
- **Reveal traumatic fixations through movement;**
- **Access the whole person through engagement with information held in alignment and movement patterns;**
- **Put people in touch with their whole being, experiencing all the channels (emotions, cognitions, sensation, imagery, meaning, etc.) as a unity;**
- **Invite authentic movement and archetypal expression in order to release obstructions;**
- **Increase confidence.**

