

Unit 5: Mind-Body Balance - Using Your Body as Intended

≡ Components	<button>Reading</button> <button>Video</button> <button>Written Assignment</button>
≡ Duration	25 min
≡ Notes	Somatic awareness, polyvagal theory. 7-day movement practice matched to Builder Type (200+ words reflection)
✓ SOU Evidence	<input checked="" type="checkbox"/>
⌚ Section	Module 3
⚙ Status	Not Started
≡ Subsection	Embodiment