









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

 Components	<div>Reading</div> <div>Video</div> <div>Written Assignment</div>
 Duration	25 min
 Notes	Somatic awareness, polyvagal theory. 7-day movement practice matched to Builder Type (200+ words reflection)
 SOU Evidence	
 Section	Module 3
 Status	Not Started
 Subsection	Embodiment