



Deep Bodywork Foundation Training 2011

Homework - Unit 1, November 2011

1. Reflections on your experience of the unit and the week following it (by 15th Dec.)
2. Body awareness skills:
 - a. checking in with your breathing - 1x per day
 - b. a body scan - 1x per week
3. If relevant and possible, find out more about your gestation, birth and the first 3 months of your life. Write a very brief (1 paragraph) reflection on this (by 30th Jan.)
4. Read about birth and “arriving” issues and write a brief report about your engagement with the topic (about 2 pages) (by 30th Jan.)