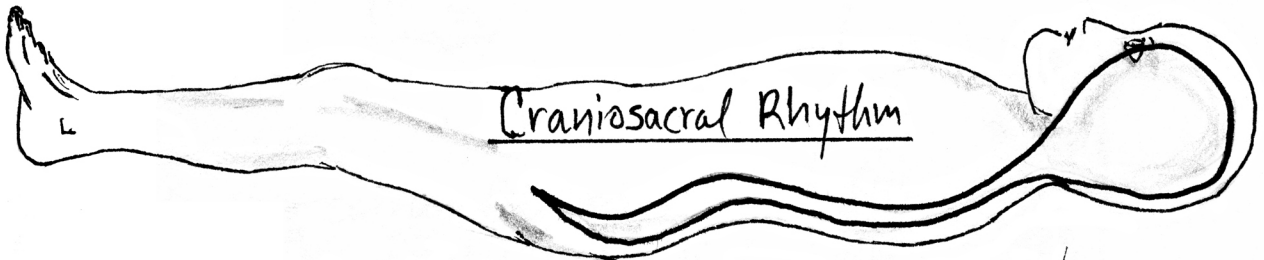
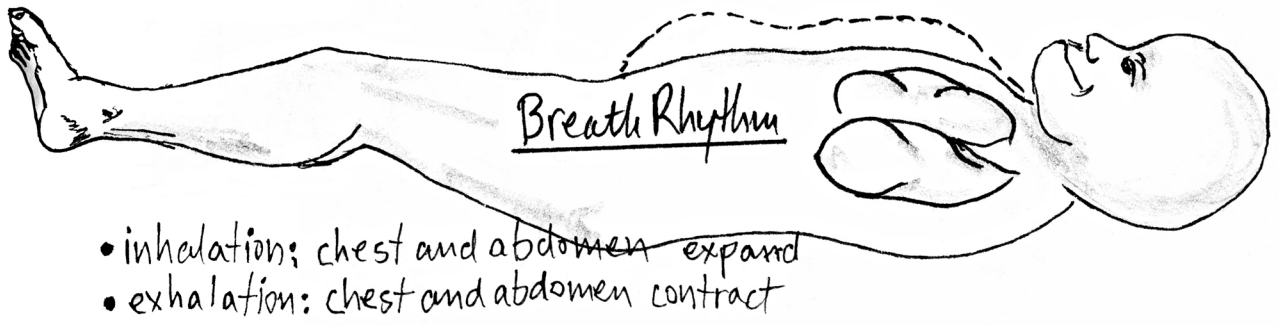
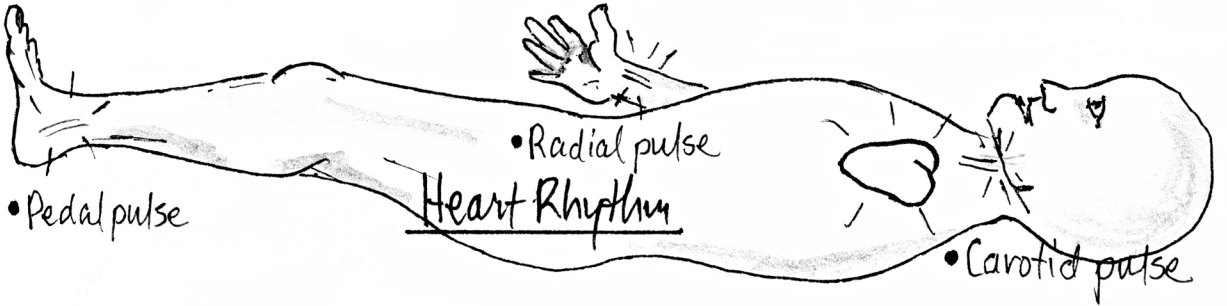
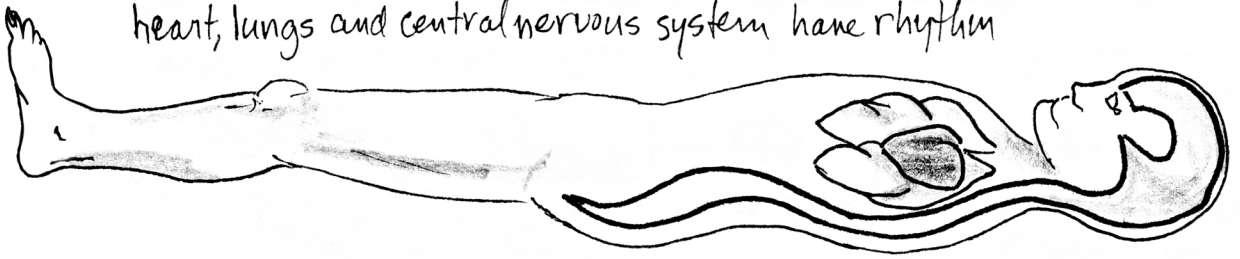


# Internal Rhythms of the Body

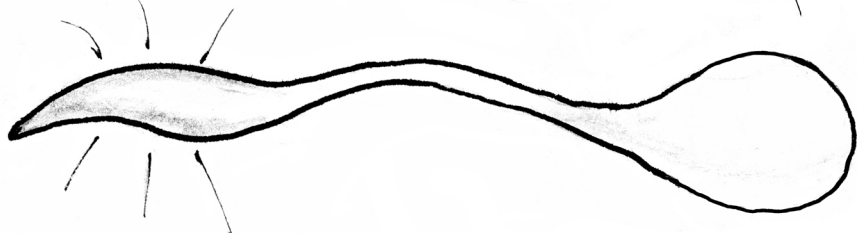
heart, lungs and central nervous system have rhythm



• Craniosacral flexion: head fills



• Craniosacral extension: sacrum fills



DASH