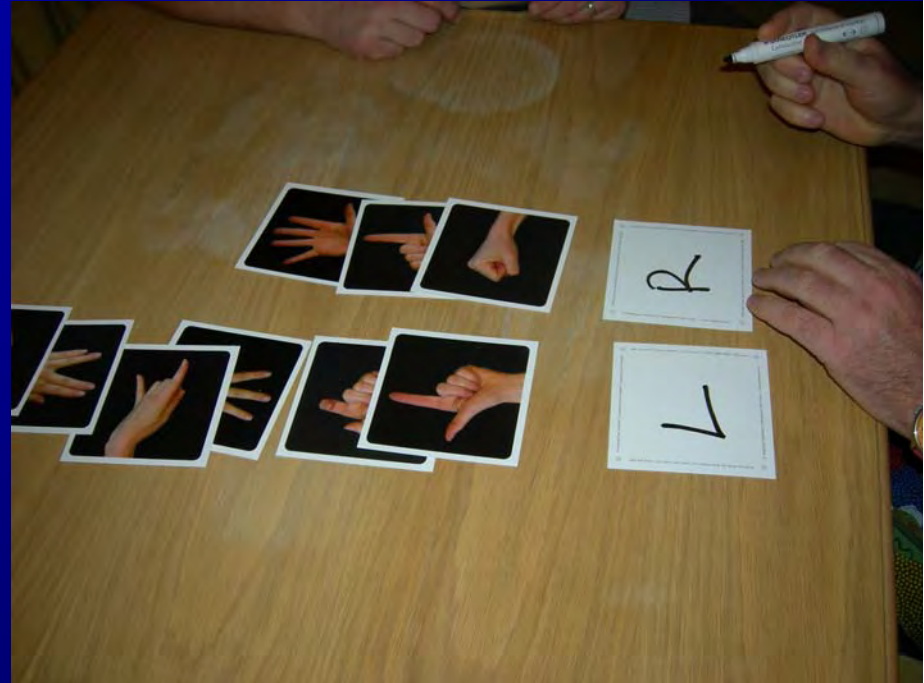


Various exercises can be used

Hands can be used for feet



Imagery

Mental images are kinaesthetic not entirely visual
(Relates to mirror neurones)

- Consider what it might feel like to have a body part in a certain position (or watch another)
- Consider what it might feel like to have a body part doing a certain movement (or watch another)
- Consider what it might be like to manipulate an object (or watch another person)
- Consider what it is like to move like a certain person





CONCLUSION



"The brain story" Petrol Link-up 1994

The drug cabinet in the brain

David Butler

www.noigroup.com

Info [@noigroup.com](mailto:info@noigroup.com)

