

CLEAR

PRINT



Environmental Pathways: Cues of Safety & Danger

Location	Cues of Safety	Cues of Danger

From the work of Deb Dana, LCSW: The Polyvagal Theory in Therapy

Focus Moves Vision Moves

1



2



3



4



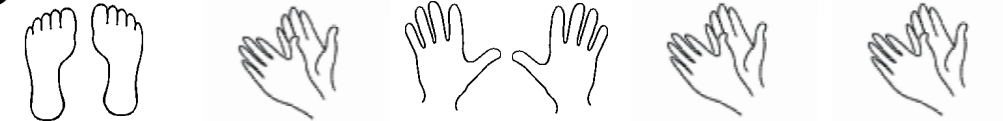
5



6

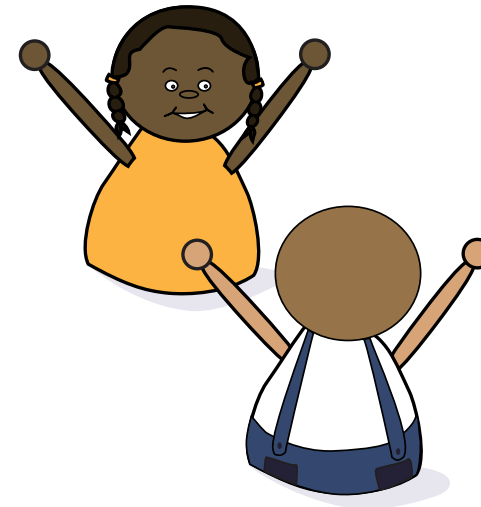
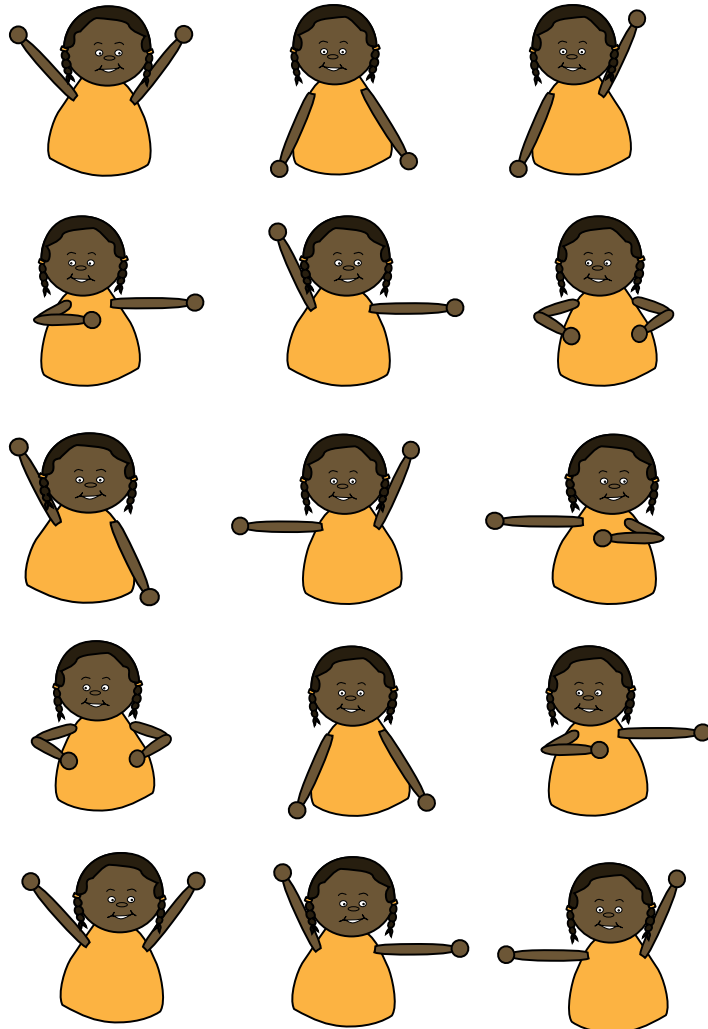


7



Mirror Me Moves

First, try these moves.



Next, try doing moves for your partner to follow. Take turns being the leader. You can use your legs too.