

The Science of Body-Mind-Spirit

INTRODUCTION: DEFINITIONS & SCIENCE



Definitions

BODY

Anatomy & Physiology
(posture & mechanics)

MIND

Mindfulness & Intention
(thoughts & information)

SPIRIT

Breath & Mood
(energy & emotions)



BODY

MIND

SPIRIT



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Science



BODY

BIOLOGY

of bones, muscles, blood, & breath

MIND

NEUROLOGY

of your brain, spinal cord, and nerves

SPIRIT

CHEMISTRY

of hormones, pheromones, moods & emotions

BODY

MIND

SPIRIT



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