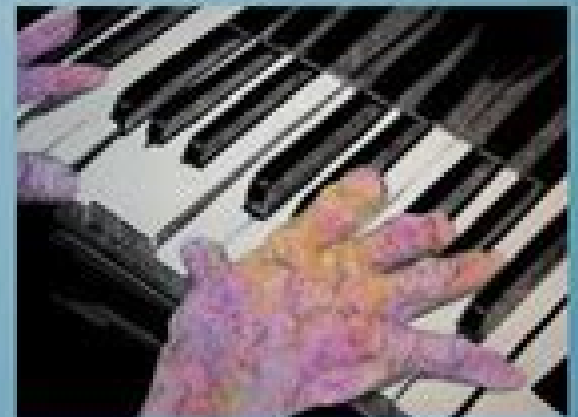


# KINESTHETIC SENSE

- Kinesthetic Sense (“Muscle Memory”): an ability to be aware of muscular movement and position
- To be fully present in the moment
- Helps control and coordinate activities such as walking and talking
- This information is transferred from neurons in the inner ear which controls balance, and also from receptors in our muscles/ligaments



# The Forgotten Senses

**RS Peters**



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