

ISMETA

Literature Review Database

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Definitions: Mindfulness and Somatic Movement

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Cognitive-Motor and Neurobiological Processes and Mechanisms

Spatial Awareness

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Somatic Movement Practices, Mindfulness, and the Autonomic Nervous System

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Brain Structure and Mindfulness

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Visual and Mental Imagery

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Somatic Movement Education and Therapy: Applications and Outcomes

Mindfulness, Exercise, and Anxiety

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