Internal Rhythms of the Body

Heart, lungs, and central nervous system have rhythm

Heart Rhythm

- Radial pulse
- Pedal pulse
- Carotid pulse

Breath Rhythm

- Inhalation: chest and abdomen expand
- Exhalation: chest and abdomen contract

Craniosacral Rhythm

- Craniosacral flexion: head fills
- Craniosacral extension: sacrum fills