



SENSORY CHANNEL · PROPRIOCEPTION

Proprioception: Sensory Awareness Examples

A vocabulary guide for noticing your body's position and movement in space

Proprioception is how your body knows where it is, even with your eyes closed. It is the felt sense of your position in space: how your limbs are placed, whether you are balanced, and how your weight is distributed. Signals travel constantly from your muscles, joints, and connective tissue to your brain. In somatic practice, this awareness supports grounding: that sense of "I have a body, and it's here." Bringing attention to these signals helps you feel more present and at home in yourself. If something feels like too much at any point, pausing or looking around the room is always an option.

Before you begin: notice your feet on the floor and take one easy breath. You can return to this at any point.

The examples below are illustrations only. What shows up for you may be completely different, and that is fine. Feel free to skip any word or group that does not feel right. Some words may bring memories or feelings with them. You do not have to follow them anywhere.

POSITION & ALIGNMENT

Upright	Standing straight, weight balanced over both feet
Slumped	Curled forward over a screen or desk
Centered	Weight evenly distributed, nothing pulling sideways
Tilted	Leaning to one side in a chair without noticing
Lengthened	Standing tall, spine drawn gently upward
Collapsed	A slump where the spine gives way entirely

WEIGHT & GRAVITY

Heavy	Limbs pressing into a chair at the end of the day
Grounded	The solid weight of feet planted on the floor
Buoyant	A lifted, almost effortless feeling
Sinking	The slow settling of the body into a couch
Rooted	A deep sense of the body's connection to the ground
Floating	Near-weightlessness felt in warm water

BALANCE & STABILITY

Steady	A solid, even feeling on both feet
Wobbly	A momentary wobble while standing on one foot
Stable	The sense of not about to tip or fall
Tipping	Leaning far enough to feel the edge of balance
Secure	Seated solidly, with clear contact below

MOVEMENT QUALITY

Fluid	Movement that flows without stops or jerks
Stiff	Rigid movement after sitting for a long time
Effortful	Motion that requires noticeable muscle work
Smooth	A continuous, even movement from start to end
Hesitant	A tentative, uncertain first step
Effortless	Motion that seems to happen almost by itself

BODY BOUNDARY & SPACE

Contained	A clear sense of where your body ends
Expansive	The body seeming to take up more space than usual
Compact	A sense of the body pulled in and held small
Diffuse	A fuzzy, unclear sense of the body's edges
Present	A vivid, immediate sense of being in the body
Extended	Awareness reaching out to hands, feet, fingertips

MUSCLE & JOINT SENSE

Taut	A muscle held near its limit of stretch
Slack	A limb that hangs without effort or tension
Engaged	Muscles switched on to hold a position
Released	A joint or muscle that has just let go
Springy	A joint that feels lively and responsive
Locked	A joint that resists movement, holds rigid