



PRI® RECOMMENDED REFERENCE CENTERS

Reference centers are contact points of our bodies with an object in the environment (floor, chair, shoes, etc.).

Can you habitually “find” and “feel” these sites?

- Right arch of foot
- Left heel
- Left sit bone
- Your ribs descend and active left abdominals
- Left back from “bra” line to belt line (lower and mid back)
- Left molars
- Tongue on roof of mouth (middle → back)