

Intense sensations

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| <input type="checkbox"/> Suck on a lemon | <input type="checkbox"/> Chew a sour lolly |
| <input type="checkbox"/> Spin around and around until dizzy | <input type="checkbox"/> Rub dencorub or tigerbalm on your arm |
| <input type="checkbox"/> Suck a strong mint or warhead | <input type="checkbox"/> Lay a 5kg bag of rice on your lap |
| <input type="checkbox"/> Gargle intense mouthwash | <input type="checkbox"/> Bite into a chilli. Taste salt flakes |
| <input type="checkbox"/> Have a cold or hot shower | <input type="checkbox"/> Hold your breath as long as you can. |
| <input type="checkbox"/> Suck on an ice cube | <input type="checkbox"/> Spin on a roundabout |
| <input type="checkbox"/> Clap your hands together hard | <input type="checkbox"/> Bite into a clove of garlic |
| <input type="checkbox"/> Listen to loud music | <input type="checkbox"/> Hold a strong yoga stretch |
| <input type="checkbox"/> Suck on a piece of raw ginger | <input type="checkbox"/> Spin on an office chair till dizzy |
| <input type="checkbox"/> Try a new fruit | <input type="checkbox"/> Listen to loud white noise |
| <input type="checkbox"/> Eat a hard lolly or toffee | <input type="checkbox"/> Swing high on a kids swing |
| <input type="checkbox"/> Skip with a rope until exhausted | <input type="checkbox"/> Do push-ups or star jumps till exhausted |
| <input type="checkbox"/> Ask for a tight hug | <input type="checkbox"/> Intense food or drink |
| <input type="checkbox"/> Eat a curry | <input type="checkbox"/> Stare at a candle flame for a long time |
| <input type="checkbox"/> Smell smelling salts or peppermint | <input type="checkbox"/> Dye hair with henna |
| <input type="checkbox"/> Apply a heavy facial e.g. mud | <input type="checkbox"/> Go cross eyed for as long as you can |
| <input type="checkbox"/> Blow up a balloon until it pops | <input type="checkbox"/> Smell aniseed, eucalyptus oil or tea tree oil |
| <input type="checkbox"/> Rub your hands together until hot | <input type="checkbox"/> Wax your legs |
| <input type="checkbox"/> Suck a warhead lolly | <input type="checkbox"/> Put a small amount of wasabi in mouth |
| <input type="checkbox"/> Drink Pickle juice (small amount) | <input type="checkbox"/> Drink tonic water |

Intense sensations to try:

Book:
Online Training:
Contacts:
Media:

Sensory Modulation Resource Manual:
Courserebel.com/SensoryModulationBNE
Sensorymodulationb@gmail.com
Facebook.com/sensorymod

Paperback: Book Depository
Other training on: sensory-modulation-Brisbane.com
sensory-modulation-Brisbane.com
Insta: [sensorymodulationbrisbane](https://www.instagram.com/sensorymodulationbrisbane)