

# COENESTHESIS

*Meaning: Coenesthesia is the overall sense of bodily awareness that integrates various sensory inputs related to the perception of one's own body.*

1. Coenesthesia refers to the overall sense of bodily awareness that integrates various sensory inputs.
2. In her research on body image, she highlighted the importance of coenesthesia in understanding self-perception.
3. The feeling of coenesthesia can be disrupted in certain neurological conditions, leading to distorted body awareness.
4. Yoga and mindfulness practices are believed to enhance one's experience of coenesthesia by fostering a deeper connection with the body.
5. For dancers, coenesthesia plays a crucial role in maintaining balance and spatial orientation during movement.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/coenesthesia>*