

### Figure i

Level 1. Walk the plank, no intervention, no instrument.



Note. This figure demonstrates the musician recovering in the virtual elevator after their first time walking the plank.

### Figure ii

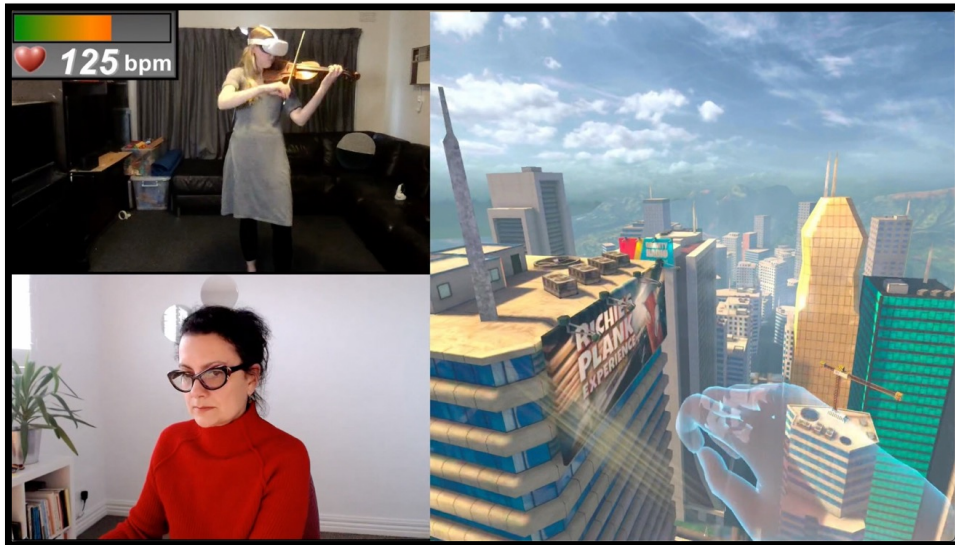
Level 2. Center and walk the plank, no instrument.



Note. This figure demonstrates the musician returning to the plank and feeling more comfortable. Centering intention "Now I am going to walk confidently and safely to my previous position on the plank".

### Figure iii

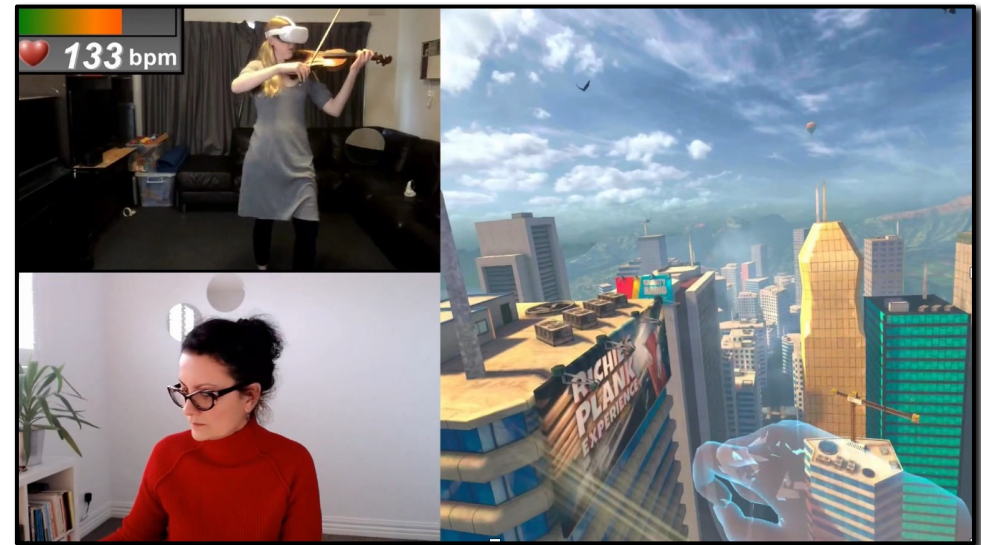
Level 3. Walk the plank and play instrument, no intervention.



*Note.* This figure demonstrates the musician playing the violin for the first time on the edge of the plank.

### Figure iv

Level 4. Center, walk the plank and play instrument.



*Note.* This figure demonstrates the musician playing the violin on the edge of the plank after a guided centering in the lift. Centering intention “Now I am going to perform confidently and safely”.