

Good Morning Yoga Summary/Cheat Sheet

Breath: nasal breathing, pursed-lip breathing, diaphragmatic breathing.

Movement Triad: Eyes, Vestibular System (Balance), Proprioception (Body Awareness)

Movement Categories (Skills):

-Eyes: Palming, eye circles, Big H, Near/Far, Peripheral Awareness

-Vestibular: Head rotations, tilts, nods.

-Rhythm: Spaghetti arms, Figure 8s, Paradiddles, Cross crawls

-Rub: Towel/dry brush, pat, massage

-Squeeze (contract): Isometrics with towel, etc.

-Shake: for lymph and relaxation

-Bounce: symmetrical, asymmetrical, one or two legs

-Balance: static, dynamic

-Roll: Forward roll, side roll, back<>belly

-Crawl: Table pose, etc.

-Climb: Pulling actions with arms

-Carry: Walking, for instance, just carrying yourself initially

-Dance/wrestle/play

-Lie, sit, squat, kneel, get up/down, stand, jump,

move forward/backward/sideways

Movement Aspects or Qualities: Balance, Coordination, Flexibility, Stamina, Speed & Quickness, Strength