

Movements and Spelling/Warm Up

Deep pressure through squeezes while sitting on a ball (Option to spell after input or later):

Feet, Lower legs, Upper legs, Hips, Chest/Back, Shoulders, Arms, Hands, Head

“Idyllwild” Mountain Pose:

(feet together arms above head touching to make a “peak”)

This pose works on our balance with our feet close together (close your eyes or look up to your hands for an added challenge). Challenging our vestibular and proprioceptive systems. Our vestibular, or balance, system relies a lot on our eyes, so by changing where we look, we give our bodies an added challenge



- Spell PEAK, BALANCE, or VESTIBULAR
- What is the name the pose we did with our arms above our head. MOUNTAIN
- Would you say a mountain pose is more apt to inspire someone to feel STRONG or WEAK?
- Describe your mountain you envision while doing this pose.

Tree Pose: (Ground down through 1 foot, pick up the other and place foot on inside of standing leg either at ankle or shin)

This pose is a whole new level of balance! By standing on one leg, our muscles need to work double time in that leg. Focus in on grounding down through your 5 toes on your standing leg. Tapping your foot down to ground down and then pick back up can be a great challenge for your balance. You can grow your “branches” (arms) up to the sky or out to the shape of a V for added proprioceptive awareness to feel your arms above your head without too much visual feedback from your eyes to know where your body is in space (AKA proprioception).



- Spell AWARE, GROUNDING, or PROPRIOCEPTION
- Let's spell the name of the pose we just did. TREE
- Would you say people would feel more ROOTED or SPACEY doing this pose?
- Describe the type of tree you envision yourself as and why.

Down Dog: (get into an all 4's position. Push into your hands and feet so your knees come off the ground and your butt goes to the sky)

This pose causes our body to go into **inversion** (upside down), which may cause some of us to feel a little dizzy, that's okay! Push hard into your hands and toes to feel a full body **proprioceptive** input pose while strengthening those arms for endurance for communication!



- Spell INVERSION, STRENGTHEN, or ENDURANCE
- This full body pose that inverts our body is called _____. DOWN DOG
- What is the opposite of upside down?
- If you could invent your own yoga pose, what would it be called and what would it look like?

Child's Pose or "Rock": (get into an all 4s position. Sink you butt back to your heels then walk your hand out forward to drape your upper body and belly over the tops of your knees)

This pose is the ultimate "**nervous system calmer**". Although a bit tricky to get into motor planning wise, once you're here, try to relax or release any tension in your muscles, letting gravity take over. We are compressing our **vagus nerve** which runs through our trunk and **diaphragm**. By doing so, we are signaling our nervous system to go into parasympathetic mode (AKA rest and digest or chill out mode).



- Spell GRAVITY, CHILL, or PARASYMPATHETIC
- This "nervous system calmer" pose has two different names- tell me one. CHILD'S POSE or ROCK
- If something feels tension would you say it is more TIGHT or LOOSE?
- What are some of your favorite nervous system calmers?