

#### Moro Reflex

Warrior 1 - inhale extend arms up, exhale hands to heart center

Alternate nostril breath to be taught for nervousness, panic attacks, coping

Meditation with beads or candle

#### Grasping Reflex

Joint freeing Series (see attached)

Bee Breath ( makes a buzzing sound on exhale)

Meditation - hands to heart center holding beads, ball ?

#### ATNR

Sun arms, inhale gaze up, exhale gaze down

Superman on all fours (bilateral hold and movement)

Extended side angle pose to archer ( moving with breath)

meditation - guided by voice or CD

#### TLR

Tadasana

Tree Pose

Cat/cow

Balloon Bumping exercise Pg 98 Creative Yoga for children - this is having the child bump a balloon in the air using different parts of their bodies each time

meditation - Seated breath and using Ting Sha symbols 5 times at the end

#### STNR

Rolling like a ball

Seated side stretch with strap and then gradually use it to open chest/heart center

Walking on a rope, arms extended

Block or Teddy bear on tummy, laying savasana

Breath - straw breathing

#### Spinal Galant Reflex

Seated butterfly

Laying, alternating knees bent into chest and out

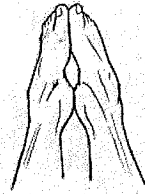
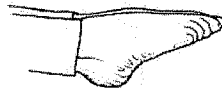
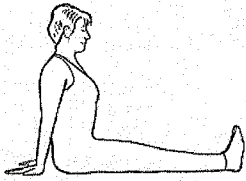
Drawing circles on the ceiling with knee

Block or teddy bear on tummy while laying, rise and fall of breath consciously

# Yoga Therapy Center

## JOINT FREEING SERIES

Pavanmuktasana - Mukunda Stiles © 2002



1. Stick pose - Dandasana

INHALE point foot

2. INHALE soles face

EXHALE soles face

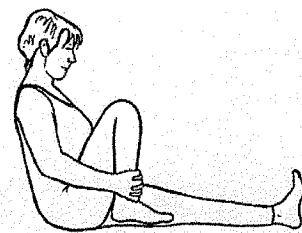
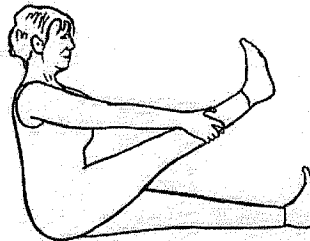
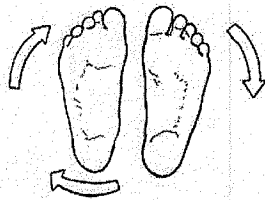
in

EXHALE feet toward head,  
toes spread

curling the toes

out keep feet upright.

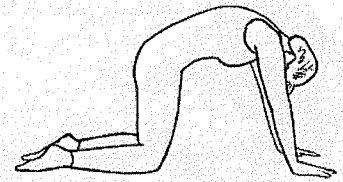
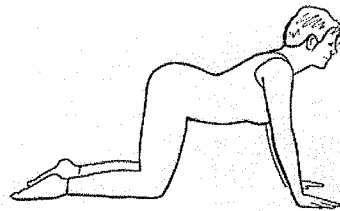
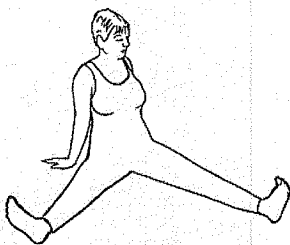
keep feet upright.



3. INHALE circling out  
EXHALE circling in

4. INHALE with a mild arm  
effort, straighten knee

EXHALE hold lower shin  
as you pull heel to thigh

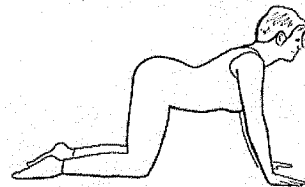
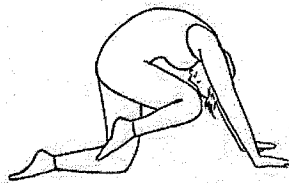
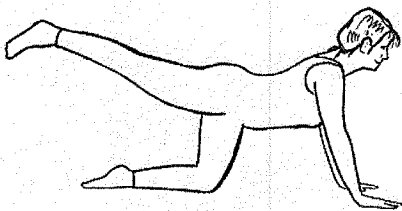


5. INHALE turn leg out  
little toe down & swing open

EXHALE lift hip, turn leg in  
great toe down & swing it back

6. INHALE head up  
spine down

EXHALE back up  
abdomen pulled in



7. INHALE stretch leg  
back and up, spine down  
forward

EXHALE bring knee  
toward chest, spine lifted

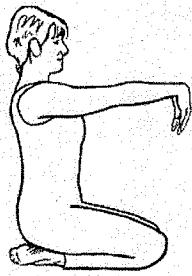
8. INHALE center pose  
squeeze thighs

EXHALE hips to side  
feet opposite, toes

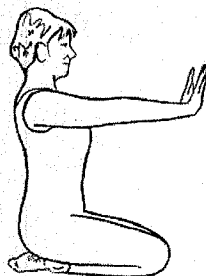
439 Northampton St., Holyoke, MA. 01004

(303) 442-7004 [yogimukunda@comcast.net](mailto:yogimukunda@comcast.net) [www.yogatherapycenter.org](http://www.yogatherapycenter.org)

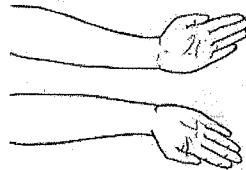
# Yoga Therapy Center



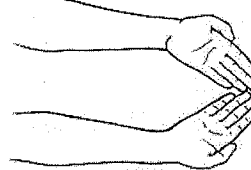
9. INHALE hands out  
down fingers curled  
toward forearms



EXHALE hands  
up fingers toward  
head & spread



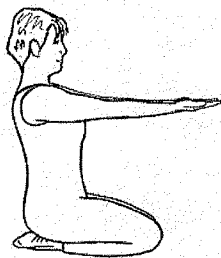
10. INHALE palms  
flat & out



EXHALE palms  
flat & in



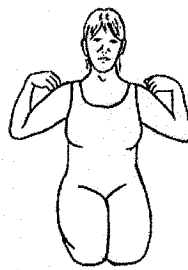
11. INHALE fists  
EXHALE in 3x  
then reverse circles



12. INHALE arms  
straight, palms up



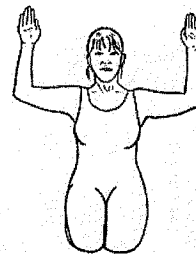
EXHALE knuckles  
to shoulders



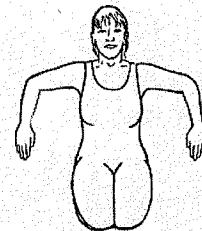
13. INHALE elbows  
wide apart



EXHALE elbows  
together



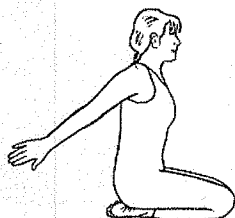
14. INHALE hands up  
palms facing forward



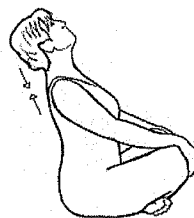
EXHALE hands  
down, palms face  
backward



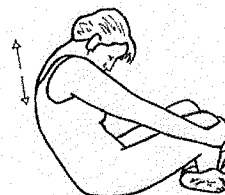
15. INHALE arms up  
with palms facing in



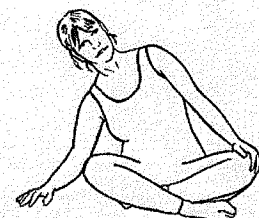
EXHALE arms  
behind your back



16. INHALE arch  
back, squeeze blades



EXHALE round back  
open shoulder blades



17. INHALE erect  
EXHALE side bend



18. INHALE sit erect  
EXHALE spinal twist



19. INHALE head up



EXHALE head down



20. INHALE sit erect  
EXHALE head to side



21. INHALE center head  
EXHALE rotate head

439 Northampton St., Holyoke, MA. 01004

(303) 442-7004 [yogimukunda@comcast.net](mailto:yogimukunda@comcast.net) [www.yogatherapycenter.org](http://www.yogatherapycenter.org)