



## Body Awareness

Proprioception is the awareness of where our bodies are in the environment. Understanding the relationship between body movement, space, and the environment is enriching to the brain and mind. One of the most important lessons learned about the body is the neuroscience of our sense of ourselves is anchored in a vital connection to our bodies. Being aware of our body's needs helps us to take care of it. Simply just noticing what you feel fosters emotional regulation and it helps you to stop trying to ignore what is going on inside of you. Practicing synchronized breath and movement can increase your awareness of proprioception. Yoga is one of those movements that unites the mind, body, and brain, healing from the inside out.



Three Legged Downward Facing Dog



Lotus Pose



Downward Facing Dog



Tree Poses



Garland Yogi Squat



Wide Child's Poses



Upward Dog



Pigeon Pose



Cow Pose



Bound Angle



Flower Pose



Seated Meditation Pose

Crossing the midline of our bodies is a great way to connect both sides of the brain. It encourages bilateral coordination as it promotes coordination of the two brain hemispheres. It improves fine and gross motor skills and allows for healthy bone development. It improves sensory integration critical for cognitive, social/emotional, physical, and adaptive development.

