

JAW

MarJean enjoy!

tapping
humming
gargling
ujjayi
simhāsana

Bhrāmarī

lift chin
&
swallow

say "DUH"
then drop jaw
drape tongue
say "DAH"

"inner smile"
back of throat

tongue roof of mouth
not touching teeth
make "ing" sound
draw up under jaw

slightly clench teeth
& relax

line up
top/bottom
teeth together

tongue right eyes left	tongue left eyes right
tongue up down	tongue down up

index fingers
in ears -
move jaw
clicking?

Finger on jaw
slide + resist
side to side

Fist under chin
hold/resist opening

A E I O U vowels
Mouth really wide open
tongue curled back
roof of mouth
back to soft palate

index finger on jaw
open mouth
tongue out
wag tongue
without moving jaw

heels of hands
drag up + down
traction + circles
then knuckles
then fingers

then tilt head
switch
one traction up
one traction
down

→ eyes right
jaw left
← eyes left
jaw right

goldfish
tongue roof
of mouth
open + close
mouth

run tongue
in front of
teeth
mouth closed
hold jaw