

“Homework” for summer yoga practice

Mix & match daily:

- * temporal tapping (on sparrowsyoga.com)
- * toe-tapping
- * dry-skin brushing (upwards & forwards (including soles & palms))
- * tongue brushing/scraping
- * scalp massage
- * cool rinse (especially nape of neck, wrists, soles of feet)
- * standing "heel drops"
- * Y, W, L, T (You Will Live Taller)
- * pick a pose, any pose
- * wild card
- * emergency breathing = (in nostrils/sniff/ex mouth)
- * humming/buzzing
- * lazy 8s/crazy 8s/figure 8s
- * silly walks (including backwards)
- * head one way, eyes & tongue the other
- * triple-chin exercises
- * rub tiny tummy (up right, across, down left)
- * shaking strategy
- * any pranayama
- * hands @ belly then breast then brain
- * attention to nostrils as "scoops"
- * alphabetize your blessings = gratitude practice
- * daily dedication: being the energy you want to attract
- * affirmation: May something magical, and mystical, and miraculous happen for me today.

Peace, love, & harmony; that's it!

Mar Jean