



## YOUTUBE FREEBIE

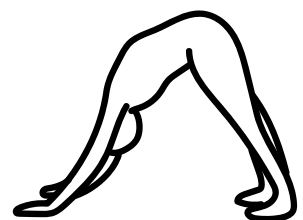
# Easy Yoga Flow Poses for Primitive Reflexes

Try this yoga flow yourself, then teach it to your child!  
Use the picture cards to create your own unique yoga flow  
that targets multiple primitive reflexes!

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### Simple Sequence:

1. Cross-legged, deep breathing
2. Child's Pose
3. Cat-Cow
4. Quad (hands and knees) with slow head turns, focusing on pointing each ear towards the floor
5. Downward Dog
6. Quad (hands and knees)
7. Lift left arm up to the sky and follow with eyes
8. Quad (hands and knees)
9. Lift right arm up to the sky and follow with eyes
10. Child's Pose
11. Namaste





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FREEBIE**

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flow that targets multiple primitive reflexes!

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## Full Script:

Let's begin cross legged, notice your breath and start to breathe deeply.

Shift your weight forward, reach your fingertips out front, knees nice and wide, toes come together and settle into child's pose. Take a deep breath.

Lift the chest up, shoulders underneath the wrists, walk the knees underneath your hips, spread your fingers wide into tabletop position.

Move into cat/cow - Inhale to drop the belly, open the chest forward for cow and then exhale to round through the spine, chin to chest for cat pose. Follow your breath for three reps, inhale to look up and drop the belly, and exhale to round the spine and chin to chest.

Inhale back to tabletop position with a neutral spine, on your knees and slowly turn your head from right to left until your ear is parallel and facing the floor. Feel the slow stretch in your neck.

Lift your hips up high and back, walk your hands slightly forward into downward facing dog. Deepen your breath, let your head hang heavy between the shoulders, top of the head sinking toward the ground.

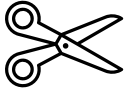
Drop back into tabletop position, knees and hips down, shoulders underneath the wrists. Rotate your upper body and twist at the hips to lift your left arm up high to the sky, looking up toward your fingertips. With strong pointed fingers, hold this for 3 seconds. Repeat on your right side. Twisting at the hip, rotating your upper body to extend to your right arm up high to the sky and gaze upward toward your fingers. Drop your right arm back to the ground, under your shoulder, back to tabletop position.

Drop your hips down to sink between your knees, reach your fingertips out front, knees nice and wide, toes come together and settle into child's pose. Take a deep breath in and out.




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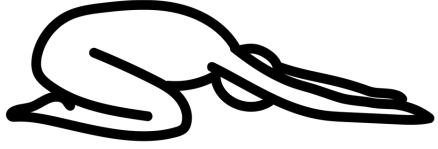
# Primitive Reflex Yoga Flow Cards



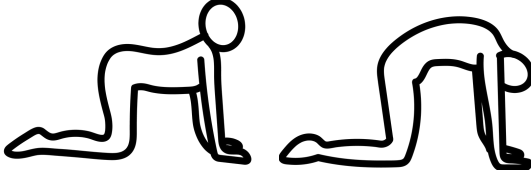
**1**  
Cross-legged,  
deep breathing



**2**  
Child's Pose



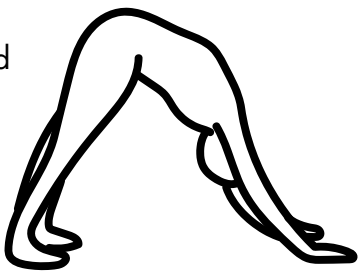
**3**  
Cat-Cow



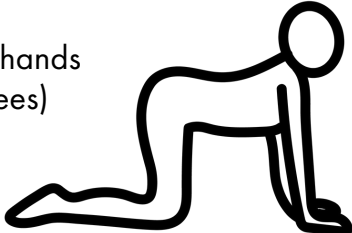
**4**  
Quad with  
head turns



**5**  
Downward  
Dog



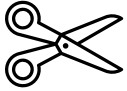
**6**  
Quad (hands  
and knees)





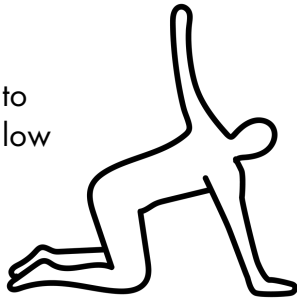
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## Primitive Reflex Yoga Flow Cards



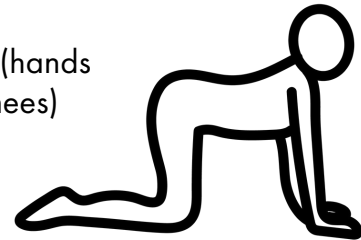
**7**

Lift left arm up to the sky and follow with eyes



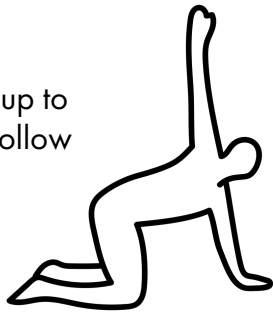
**8**

Quad (hands and knees)



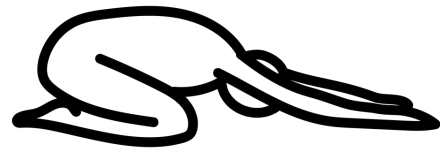
**9**

Lift right arm up to the sky and follow with eyes



**10**

Child's Pose



## Want more help?!

**[CHECK OUT OUR PRIMITIVE REFLEX DIGITAL COURSE!](#)**

- Why primitive reflex integration is important
- How to identify retained primitive reflexes
- How to integrate retained primitive reflexes
- BONUS material to make it fun and motivating

<https://harkla.co/products/sensory-diet-course>