

Yogaversity

Session 4 Homework: Build Your Own Regulating Practices

Please outline two practices to support an individual with nervous system dysregulation; one practice for when a nervous system is identified as activated (either fight or flight) and another for an underactivated nervous system.

Each practice should include:

- 6 postures (asana)
- 1 breathing practice (pranayama)
- A cognitive reflection