

Cornucopia of Yoga Tools: Starter List

Joint limbering

Kriyas

Asana

Vinyasa

Their variations: functionally and formally modified

Pranayama

Relaxation

Nidra

Meditation

Visualization (bhavana)

Lifestyle Modification (vihara)

Yama & Niyama

Yoga Philosophy

Ayurvedic Principles

Ayurvedic Herbs

Prayer

Ritual

Surrender

Self-talk/reframing

Games

Play

Sing

Music

Dance

Nature

Drawing

Journaling

Talking

Touch

Strength training

Prop work

Pleasant pastime

Explore different food

Dinacharya

Sleep

Oils

Smells

Flower essences