

YIELD, PUSH, REACH, PULL
SENSING ~ FEELING ~ MOVING with Angie Yetzke, LLC

Remember to move slowly and intentionally with music that you love!

YIELD ~ PUSH ~ REACH ~ PULL ~ Developmental Movement for Emotional Health

An easy exploration to combat fear, overcome “stuckness” or address lingering trauma

YouTube link: <https://youtu.be/-ycNNCLcWQg>

YIELD is to SURRENDER or RELEASE that which doesn't serve us.

PUSH is to LIGHT THE FIRE of our inner strength or motivation.

REACH is to SEE PAST OURSELVES and STRIVE or move toward a goal.

PULL is to CLAIM, take responsibility, take ownership or take what is available to us.

WAYS TO ACCESS

From All-Fours to Crawling

Yield: Soften into [child's pose](#) or simply release weight into forearms

Push: Engage core and strongly push through hands to return to all-fours

Reach: Extend one arm forward (toward crawling) until opposite knee releases

Pull: Continue the reach, allowing the body to 'catch up' and move through space

From Sitting to Standing

Yield: Soften spine into a C-curve (head and pubic bone moving toward each other)

Push: Push hands into thighs to return to vertical sitting posture

Reach: Reach one arm forward until weight shifts off of sit-bones in that direction

Pull: Continue the reach, allowing the body to 'catch up' into standing

From Standing to Traveling

Yield: Soften spine into a C-curve (head and pubic bone moving toward each other)

Push: With knees and arms slightly bent, push into straight limbs with downward energy

Reach: Reach one arm forward until weight shifts off of feet in that direction

Pull: Continue the reach, allowing the body to 'catch up' and move through space

Move well. Live free.

Angie Yetzke, LLC ~ Somatic Movement Education and Therapy
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