

My Foundations Log

Module 12 · The Foundational Movements

A gentle place to notice, never to grade. For each piece, jot your position, your percent of effort, and what your body told you.

Grounding

Diaphragmatic breath (position: back / side / supported child's pose)

Find neutral (the ladybug)

Adductor squeeze into the low belly

Mirror breath

Graded activation (what percent of effort today?)

REMEMBER

Your body is in charge. No pain, ever. Stay supported and comfortable.
Twenty-five percent is full participation. There are no right answers here.