*Spanda Yoga Movement Therapy Training*

**Reflexes: Pathways to Movement**

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 “Reflexes create pathways that allow the Mind to express itself in movement. They establish gross patterns of function that underlie all movements. They are the alphabet of movement and build and combine together to create more varied patterns of movement”

* Bonnie Bainbridge Cohen

 **Postural Tone**

**Primitive Reflexes -***Processed in the spine and low brain*

* Tonic Labyrinthine (prone, supine, side-lying)
* Moro
* Neck Mobility (forwards, backwards, lateral)
* Sucking -swallowing
* Rooting
* Palmer Grasp- Hand
* Plantar Grasp – Foot
* Babinski
* Flexor Withdrawl (Foot & Hand)
* Extensor Thrust (Foot & Hand)
* Asymmetric Tonic Neck Reflex (ATNR)
* Hand-to-Mouth
* Symmetric Tonic Neck Reflex

 **Righting Reactions -** *Processed in the midbrain*

* Body on Head (BOH)
* Labyrinthine Head Righting
* Optical Righting
* Landau
* Neck Righting Acting on the Body (NOB)
* Body Righting Acting on the Body (BOB)

**Equilibrium Responses -** *Processed in the forebrain*

* Navel Yielding
* Protective Extension
* Protective Stepping
* Spatial Reaching
* Spatial Turning

\*Note: Reflexes listed above were selected; additional ones exist.

**References on Reflexes and Reflex Integration**

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