

20 Intro to adaptive yoga 4 Essential Well Being

1. Awareness / Centering part 1

2. Notice how the movement on IN stretches the chest

example adaptation for shoulders

Notice sensations, breath

"Inhale the chest expands"

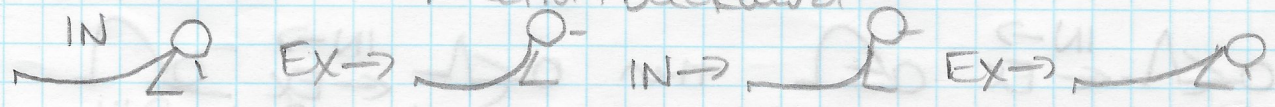
3. Ex hug belly into the spine / spine to floor; push down through feet; IN - relax the effort; "Exhale the belly hugs in"

4. Apanasana Ad.

5. Vajrasana

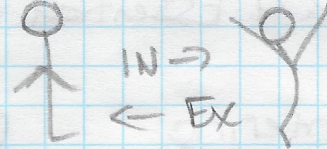
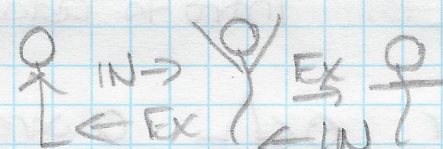
6. bhujangasana

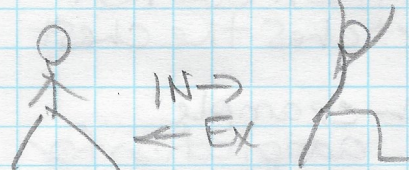
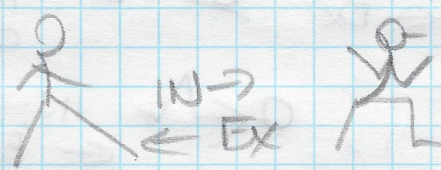
'traction backward'

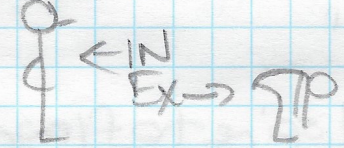


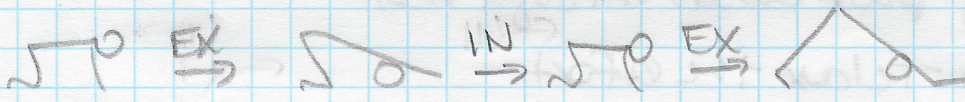
Adaptation for digestion

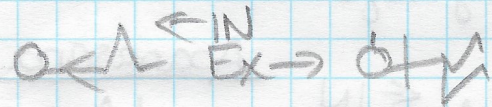
7. Cakravakasana

8.  then  Tadasana
Adaptation to build bows

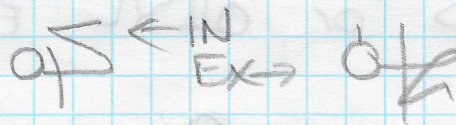
9.  then 
Virabhadrasana Adaptation for Kyphosis

10.  pull belly in on Ex Uttanasana

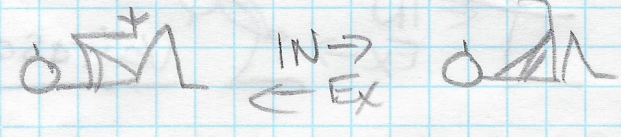
11.  Adho Mukha Svanasana

12.  out sides

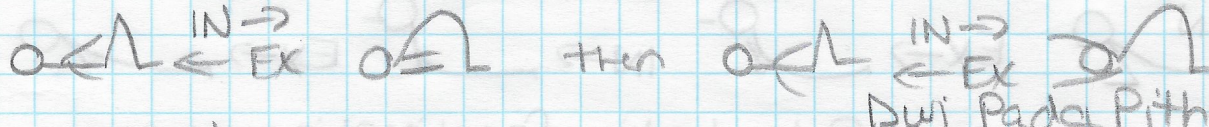
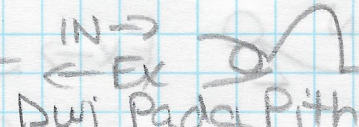
Jathara Parivrtti

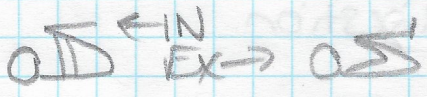


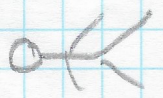
twists lengthen Ex which can be anxiety reducing

13.  Adaptation for tight hamstrings

 Urdhva Prasarita Padasana

14.  then 
Dwi Pada Pitham

15.  Apanasana

16.  awareness
savasana