

# Adaptive Yoga for Essential Well-Being

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## Lateral Bends

Primary Purpose: \_\_\_\_\_

Secondary Purpose: \_\_\_\_\_

Tertiary Purpose: \_\_\_\_\_

Cautions and Considerations: \_\_\_\_\_

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Major muscles stretched: \_\_\_\_\_

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Major muscles contracted: \_\_\_\_\_

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Physiological effect: \_\_\_\_\_

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Notes:

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## Lateral Bends Index


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## Lateral Bends

English Name: _____ Sanskrit Name: _____	
Simple / Complex	Notes/Cues: _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
Sym / Asym	
Contralateral	
Prep / Comp	
Transition / Peak Pose	
Chair Pose	

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