

Adaptive Yoga for Essential Well-Being

Twists

Primary Purpose: _____

Secondary Purpose: _____

Tertiary Purpose: _____

Cautions and Considerations: _____

Major muscles stretched: _____

Major muscles contracted: _____

Physiological effect: _____

Notes:

Adaptive Yoga for Essential Well-Being

Twist Index

Adaptive Yoga for Essential Well-Being

Twists

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

Adaptive Yoga for Essential Well-Being

Twists

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