

Adaptive Yoga for Essential Well-Being

Axial Extensions

Primary Purpose: _____

Secondary Purpose: _____

Tertiary Purpose: _____

Cautions and Considerations: _____

Major muscles stretched: _____

Major muscles contracted: _____

Physiological effect: _____

Notes:

Adaptive Yoga for Essential Well-Being

Axial Extension Index

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Axial Extensions

English Name: _____ Sanskrit Name: _____

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

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Axial Extensions

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