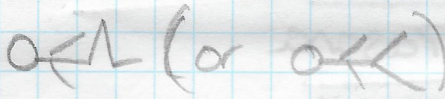
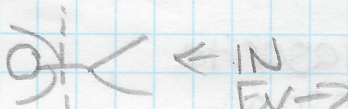
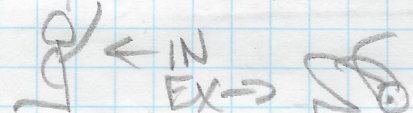
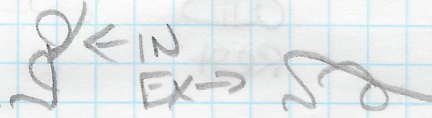


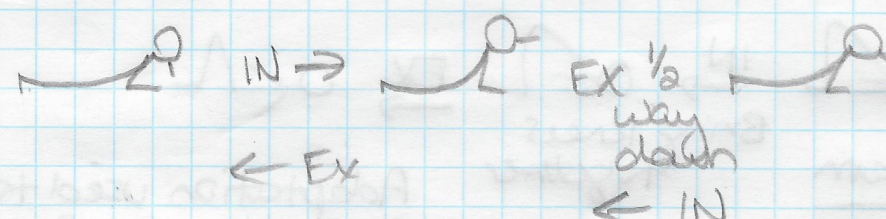
Intro to Adaptive yoga 4 Essential Well Being part 2

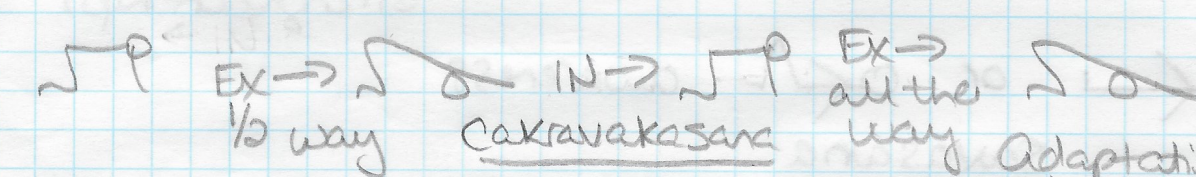
1.  Awareness more complex poses & adaptation

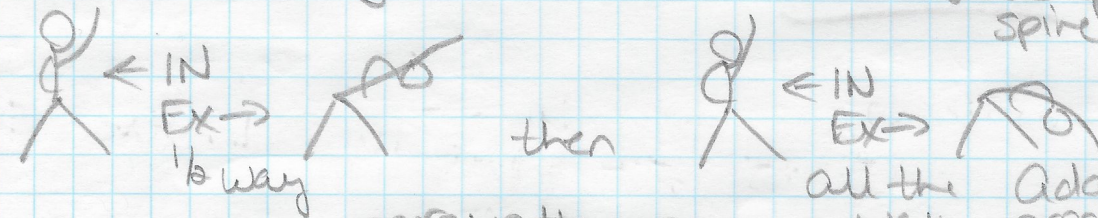
2.  Alt knees \* use abdominals to hug knee in

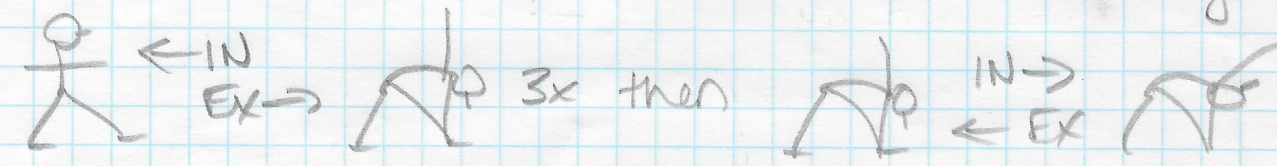
3.  Alt arms Vajrasane

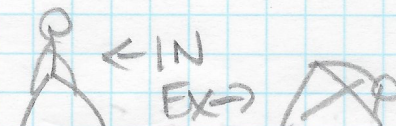
 Adaptation to condition upper back neck/shoulders

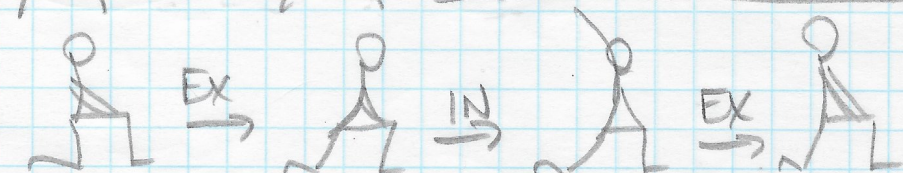
4.  bhujangasane Adaptation to increase awareness around upper back/neck continuity

5.  cakravakasane Adaptation to stretch spine progressively

6.  parsvattonasana Adaptation to progressively train stability at belly

7.  3x then trikonasana

8.  prasanita padottanasana

9.  Breath adapted to create stability in the pose eka pada ustrasana

Cakravakasana  
Vajrasana

