

ADAPTED SEATED MOUNTAIN



SEATED MOUNTAIN

SEATED MOUNTAIN (ADAPTED)

SEATED MOUNTAIN

1. Sit comfortably on the mat or on a small pillow or yoga block with legs crossed at the ankles, hands in the lap.
2. Engage the core. Lengthen the spine by lifting the rib cage.
3. Shoulders and neck are relaxed.
4. Gaze is directed just above the horizon.

SEATED MOUNTAIN (ADAPTED)

1. Create a secure, balanced position while seated in a sturdy chair. Hands are comfortably placed in the lap.
2. Engage the core, Lengthen the spine by lifting the rib cage.
3. Try to keep the shoulders and neck relaxed while gazing just above the horizon.

Note:

*Seat height could be adjusted with seat pads. Lower back support may be provided with a small pillow or rolled towel. Blocks may be used at the feet to adjust for seat height and comfort. A strap may be secured at the knees to assist with hip and knee alignment.

ADAPTED PIGEON



PIGEON

1. Lower to hands and knees on the mat.
2. Move one leg forward until the knee is touching the mat near the hand on the same side of the body.
3. Position the lower leg with the shin aligning toward the top line of the mat and the sole of the foot facing the outer edge.
4. With both hands on the mat the opposite leg stretches back with the top of the knee and foot on the mat.
5. The upper body may be lifted or lowered toward the mat.

ADAPTED PIGEON

1. Create a secure, balanced position while seated in a chair.
2. Engage the core, lift through the rib cage to lengthen the spine.
3. Draw one knee toward the chest. **(a)** Lift the leg placing the foot onto the opposite knee or **(b)** onto a chair placed in front of the knee.
4. Sitting tall, hinge at the hips leaning forward.

Note:

*One or both arms could be extended. A strap could be used to support leg position. An assistant may provide physical support as needed.

ADAPTED BRIDGE



BRIDGE

BRIDGE (ADAPTED)

BRIDGE

1. Lie comfortably on the back with knees bent, feet flat on the mat, hands on the belly.
2. Inhale, lift hips off the mat, extend arms overhead with the exhale.
3. Work to keep knees in alignment with hips and feet while holding the lift.

BRIDGE (ADAPTED)

1. Lie comfortably on the back with knees bent, feet flat on the mat, hands on the belly.
2. Inhale, lift hips off the mat, extend arms overhead with the exhale.
3. Work to keep knees in alignment with hips and feet while holding the lift.

Note:

*A towel may be used for lower back or neck support. A strap may be fastened around the legs at the knee, a block may be placed between the knees to assist with alignment. Hands may be kept at the belly. An assistant may help to steady the shoulders, lower back, hips, or feet as needed. The hips could be supported with a pillow or yoga block as needed

ADAPTED FORWARD FACING HERO



FORWARD FACING HERO

1. Stand at the top third of your mat with feet parallel and comfortably placed, knees soft, and arms at the side.
2. Direct eye gaze slightly above the horizon.
3. Align shoulders, hips, knees, and ankles.
4. With soft shoulders and neck, lengthen through the spine, lifting from the core and rib cage, bending slightly at the knees, step back with one foot, pressing the heel into the mat while turning the foot outward toward the edge of the mat.

5. The front leg will remain bent, the back leg will straighten as shoulders and hips rotate forward.

6. Draw the arms overhead while lifting the torso. Breathe comfortably while holding the pose.

FORWARD FACING HERO (ADAPTED)

See forward facing hero steps.

Note:

*A gait belt and physical support from an assistant may be recommended when standing. Holding onto sturdy chair or table with one or both hands could be used to support balance. An assistant could offer support with lifting one or both arms overhead.

ADAPTED GODDESS



GODDESS

GODDESS (ADAPTED)

GODDESS

1. Stand with feet hip width or wider, knees bent, heels in, toes out, hands on hips.
2. Lengthen the spine lifting through the core and rib cage with soft shoulders and neck.
3. Tilt the pelvis, slightly rounding the lower back.
4. Lift the arms with shoulders up and back, upper arms parallel to the floor, forearms reaching to the ceiling, fingers extended.

GODDESS (ADAPTED)

1. Create a secure, balanced position while seated in a chair.
2. Engage the core, Lengthen the spine by lifting the rib cage. Keeping the neck relaxed, lift the arms with shoulders up and back, upper arms parallel to the floor, forearms reaching toward the ceiling, fingers extended.

Note:

*Blocks may be used at the feet for comfort, a strap may be used to assist with knee alignment. An assistant may provide physical support with the arms as needed.

ADAPTED PHANTOM CHAIR



PHANTOM CHAIR

1. Stand with feet parallel, comfortably spaced, hands at hips, gaze forward.
2. Lengthen the spine by engaging the core and lifting the rib cage.
3. Bend the knees, lowering the body as if sitting in a chair, tilt the pelvis slightly rounding the spine.
4. Try to keep the upper body upright.
5. Hands can remain at the hips or moved to chest center or overhead as desired.

PHANTOM CHAIR (ADAPTED)

See phantom chair steps.

Note:

*A gait belt and physical support from an assistant may be recommended while standing. Holding onto a study chair or table with one or both hands may be helpful to support balance. An assistant could help with positioning one or both arms.