

Healthy Modifications for Yoga Poses in *Unfolding Wholeness™ with Yoga*

Pose #	Pose Name	Purpose is to:	Modifications create same benefits as for all poses shown on cards
1	Easy	<ul style="list-style-type: none"> • Open groins • Tall spine with chest lifted 	<ul style="list-style-type: none"> • Sit on the edge of a firm chair, couch or bed • Legs parted with feet flat on floor
2	Hero	<ul style="list-style-type: none"> • Feel contact between sit bones and chair • Tall spine with chest lifted 	<ul style="list-style-type: none"> • Sit on front edge of wooden chair • Legs not parted with feet flat on floor • Heels in line with knees
3	Leg Stretching	<ul style="list-style-type: none"> • Lengthen and strengthen muscles at back of thigh and calves 	<ul style="list-style-type: none"> • Lower the raised leg a bit • Bend opposite leg if back is uncomfortable with leg flat • Do Not Lock the Knees!
4	Mountain	<ul style="list-style-type: none"> • Whole body supported by tall, strong spine • Open chest for fuller breathing 	<ul style="list-style-type: none"> • Bend the knees a bit to take pressure off back • Hold one hand on a chair for help with balance • Do Not Lock the Knees!
5	Cow's Head	<ul style="list-style-type: none"> • Loosen tight shoulders • Lengthen and strengthen back of upper arm 	<ul style="list-style-type: none"> • Do seated on edge of a chair • Don't try to clasp hands. Use whole length of a strap behind the body or just rest the upper arm at the back of the neck and lower arm behind the waist
6	Star	<ul style="list-style-type: none"> • Open chest • Build whole body stamina 	<ul style="list-style-type: none"> • For balance, place one hand at the wall, arms parallel • Do Not Lock the Knees!
7	Triangle	<ul style="list-style-type: none"> • Build flexibility in middle body • Build whole body stamina 	<ul style="list-style-type: none"> • Do the pose higher by using a chair instead of a block behind the ankle – place your hand on the seat of the chair • Upper arm does not have to be raised fully straight up • Do Not Lock the Knees!
8	Proud Warrior	<ul style="list-style-type: none"> • Open groins, strengthen thighs • Build whole body stamina 	<ul style="list-style-type: none"> • Stand with back against a wall to help with balance • Knee does not have to be fully bent
9	Side Angle	<ul style="list-style-type: none"> • Open groins and chest • Strengthen thigh muscles • Build whole body stamina 	<ul style="list-style-type: none"> • Stand with back against a wall to help with balance • Knee does not have to be fully bent • Upper arm does not have to be raised fully straight up
10	Downward Facing Dog	<ul style="list-style-type: none"> • Lengthen and strengthen muscles at back of thigh and calves • Build upper body strength • Create space between vertebrae in low spine 	<ul style="list-style-type: none"> • Do pose higher by putting hands at wall straight out from chest instead of on floor – you will be in an “L” shape with torso parallel to floor • Push hands into wall and extend buttocks out behind you • Press heels into floor • Do Not Lock the Knees!

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11	Four Limbed Staff	<ul style="list-style-type: none"> • Build upper body strength • Tighten abdominals 	<ul style="list-style-type: none"> • Keep knees on the floor • Lift upper body just an inch or two • Build up strength over time
12	Upward Facing Dog	<ul style="list-style-type: none"> • Build upper body strength • Strengthen back 	<ul style="list-style-type: none"> • Keep legs and belly on floor • Push chest up with arms to experience slight back bend • Keep buttocks tightened
13	Seated Twist	<ul style="list-style-type: none"> • Build spine flexibility • Remove toxins from inner body organs 	<p>Do this substitute pose:</p> <ul style="list-style-type: none"> • Sit on the edge of a chair with feet firmly planted on floor • Do all arm movements as described on card
14	Full Boat	<ul style="list-style-type: none"> • Build abdominal strength • Strengthen lower back 	<p>Do this substitute pose:</p> <ul style="list-style-type: none"> • Sit on edge of chair, feet firmly planted on floor, hold onto chair with hands at side of thighs. • Inhale, tighten abs; exhale, lean back; hold for 3-4 breaths • As strength builds over time, lift one leg while leaning back
15	Standing Forward Bend	<ul style="list-style-type: none"> • Lengthen and strengthen muscles at back of thigh and calves • Create space between vertebrae in low spine 	<ul style="list-style-type: none"> • Do pose higher by using a chair instead of blocks – place hands on the seat of the chair • Bend knees as much as needed • For un-medicated high BP, raise head and do pose only briefly
16	Tree Pose	<ul style="list-style-type: none"> • Develop balance and mental focus • Prevent slip and falls 	<ul style="list-style-type: none"> • Hold onto back of chair or wall • Bend knee of standing leg • Do not place bent leg against standing leg; just bend the knee and lift leg up a bit • Raise just one arm if holding a wall or chair
17	Dancer	<ul style="list-style-type: none"> • Develop balance and mental focus • Prevent slip and falls 	<ul style="list-style-type: none"> • Hold onto back of chair or wall • Bend knee of standing leg • Do not use strap around opposite foot; just bend knee and raise leg up behind you • Raise one arm if holding a wall or chair; doesn't matter which arm is raised
18	Relaxation	<ul style="list-style-type: none"> • Build muscle memory of poses done today • Release and let go of thoughts and body work 	<ul style="list-style-type: none"> • Bend knees or place legs on chair to relieve any low back discomfort • Do Not Fall Asleep – use this pose to experience deep relaxation and meditation (see Meditation cards)