okay, fine. i will rise
but i REFUSE to shine!!

Sun salutation & intro
Will end with “make yoga accessible for every body”
Yoga For Every Body
Utilization Of Modifications In Yoga Practice

Michelle D. Mifflin, D.O.

Disclosures

- I have no known conflicts of interest associated with this presentation and there has been no financial support for this work that could have influenced its content.

- If you would like to change this, please feel free to contact me.
Disclaimers

I am not a certified yoga instructor. The information I provide is based on my personal experience, studies of yoga practice and outcomes, and my ten years of experience in multiple different forms of yoga practice.

Although I am a physician, I am not your physician. Please consult with your physician before beginning any exercise program.

Physical injury is possible when participating in any exercise or exercise program. If you engage in this exercise, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Michelle Mifflin and AOMA from any and all claims or causes of action, known or unknown, arising out of participation or utilization of methods described.

The information provided is not intended to be a substitute for professional medical judgement. Only you can determine the best individualized plan of care for your patients.
Mechanisms

Lymphatics

Muscular Contractile Apparatus

CSF Movement

Autonomic Regulation

In Depth Tutorials and Information:
Whatisatonic.com

wormatlas.org/hermaphrodite/muscle/intro/Images/musfi
mg1CDleg.htm

mygcphysio.com.au/services/articles/useful-info/lymph
system-massage-exercises-improve-muscle-system-lymphatic-system

Cerebrospinal fluid

Styles

<table>
<thead>
<tr>
<th>Athletic</th>
<th>Moderate</th>
<th>Relaxed</th>
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<tbody>
<tr>
<td>Ashtanga</td>
<td>Anusara</td>
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<tr>
<td>Hot Yoga</td>
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<td>Jivamukti</td>
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<td>Power</td>
<td>Kali Ray TriYoga</td>
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<td>Vinyasa</td>
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<td></td>
<td>Sivananda</td>
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<td>Svaroopa Yoga</td>
<td>Tantra Yoga</td>
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<td></td>
<td>Tibetan</td>
<td>Yin</td>
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<td></td>
<td>Viniyoga</td>
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</tbody>
</table>
Yoga is for every body!

https://www.facebook.com/TheRawXperience
Accessibility is all about modifications!

PROPS ARE GREAT TOOLS!

WHY USE PROPS?
HOW to use props

Support

Raise the floor
HOW to use props

Balance

Extend your reach

Alternatives to . . .

Blocks

15

16
Alternatives to... Straps

Alternatives to... Bolsters
Teaching Accessible Chair Yoga

Wrist Techniques:
- Use a prop
- Come off the wrists
- Take it to the forearms
- Prop the forearms

Visit www.beecontentyoga.com for more information.
Downward Facing Dog


https://www.youtube.com/watch?v=jt6-ju49FkQ
Chair

Wall
How to do Low Lunge

- Shoulders relaxed away from ears
- Hips facing forward
- Back leg is engaged
- Weight distributed evenly
- Toes point forward
- Press out of the bottom of the foot
Standing Forward Fold
Uttanasana

head to knees

bend at hips, not at waist

Full pose

Modified: knees bent

Modified with block

disabled

ARDHA UTTANASANA
(halfway lift)

Yogabycandace.com/yoga-poses

Back is flat

legs straight, if possible

equal weight distribution on all four corners of feet

look forward

shoulder blades draw toward each other

arms strong, fingers touch ground, fingers in line with feet

thefitbitlab.com/wordpress/chair-yoga-flows-by-kristie-beliston

myfiveminuteyoga.com/2959/cool-it-rest-your-head-on-a-chair-then-put-your-feet-up

themethadynamics.com/2019/cool-it-rest-your-head-on-a-chair-then-put-your-foot-up

og.fitbit.com/7-sunny-yoga-poses-for-dark-days

ekhartyoga.com/articles/practice/how-to-modify-your-sun-salutations

yogabycandace.com/yoga-poses

thenerdyogi.com/pose-breakdown-halfway-lift

howtodoyoga.com/pose-breakdown-sun-salutation-ardha-uttanasana

yogabycandace.com/
Plank Pose

- Plank Pose instructions and images from various sources.

How to Do Side Plank Pose (Vasisthasana)

- Step-by-step instructions for side plank pose with images showing proper alignment and technique.

Tips:
- Activate arm, spread fingers, reach high.
- Shoulder blades draw toward each other.
- Hips in line with the body, thighs engaged, feet stacked.
- Hips lift away from the ground, push out through bottoms of feet.
- Gaze can be eye level, or look up at the hand.
- Hand slightly in front of shoulder, fingers spread, push especially into the bases of the fingers & fingertips.

Additional sources and images linked in the text.
Chaturanga

Designed by Nikolay Todorov
Your turn!
3 minutes to find some alternatives:

- a block, a strap, a bolster, a chair

GO!
Flow With It!

Ahhh, Savasana
"I can't," is not an option!

References & Resources

Please e-mail me a request for a list of references.
mmifflin@midwestern.edu

www.karmayogadenton.com/blog/tag/Home
https://bodypositiveyoga.com
Thank You
Namaste