

Here's a list of what we experimented with on Tuesday, March 16th. Please give these a try and explore other variations as they occur to you. Many thanks, Joy

- Warrior I and II.
 - Keep chair at your side to steady yourself as needed, especially during transitions and upper body movements.
 - Legs & feet. Adjust the distance between your feet from front to back. Maybe shorten, your stance slightly, particularly when the right foot is behind. Find a distance where your lower body is strongly connected to the ground from the feet up.
 - Arms. If raising your arms overhead causes strain and breathing becomes labored, try goddess arms, arms to the sides, or one hand on the chairback and the other raised.
 - Be aware of your breath as an indicator of strain in the body. Adjust height of arms and/or your stance to find a balance between effort and ease. Return to the breath. Is it calm and smooth?
- Boat pose/navasana.
 - You may place your hands on the mat behind the hips and to the sides rather than raising the arms.
 - For revolved boat.
 - Place hands on mat as above and dip one shoulder downward, then other.
 - Or, if arms are raised, try rotating within a smaller range of motion, allowing mild rotation without aggravating the low back.
- Reclined twists.
 - Shoulder opposite from legs: place a folded blanket under raised shoulder to provide support and relieve tension. For example. If legs are over to the left, the blanket goes under the right shoulder. Settle other arm into a comfortable position.
- Side lying.
 - When lying on the left side and engaging muscles around the right hip: pass on the bicycle movement, repeat other hip movements to a degree that is suitable and sustainable. Still the movements when aggravation sets in.
- Legs vertical.
 - With core strengthening movements, place the foam wedge under your sacral area to relieve stress.
 - In viparita karani/inverted action pose, where the body is still, use your sofa or a chair for support. Come to the edge of your sofa, place your calves on the seat, and support your thighs on the front of the sofa if comfortable.

Asana/pose/movement. Warrior I. Client adjusted the distance between her feet front to back & kept her folding chair at her side. She adjusted her stance to meet the needs of each side uniquely as her right hip is the one with bursitis and more limited mobility. Arm height: rather than raising her arms up high, Client tried lower the height of her hands & changed the shape of her arms to more of a “V” shape. Client already cues herself into the pose from the ground up.

Physical Body

Without adapting the pose/movement.

1	2	3	4	[5]
Little Effort	Moderate Effort	Balanced Effort & Ease w/out Strain	Strain	Stressful

With adjustments/adaptations.

1	2	[3]	4	5
Little Effort	Moderate Effort	Balanced Effort & Ease w/out Strain	Strain	Stressful

Breath

Without adapting the pose/movement.

1	2	3	4	[5]
Shallow		Steady, even Calm		Labored

With adjustments/adaptations.

1	2	[3]	4	5
Shallow		Steady, even Calm		Labored

Mind

Without adapting the pose/movement.

1	2	3	4	[5]
Busy, Unfocused	Mildly present	Focused, present, Calm	Focused, present, Mildly tense	Aggravated, Tense

With adjustments/adaptations.

1	2	[3]	4	5
Busy, Unfocused	Mildly present	Focused, present, Calm	Focused, present, Mildly tense	Aggravated, Tense

Notes.

Client In adapted version I am not worried about my balance, unsteadiness, or falling. Otherwise I keep thinking about falling. My breathing tightens up & is in my chest. Without adaptations, my breathing is faster.

Joy Client is more curious and able to know with more confidence when she finds the “sweet spot” between effort and ease. She is sensing within herself, making adjustments from inside rather than looking outside. Important to make the pose safe, alleviate fear of falling.

Asana/pose/movement. Warrior II. Adjusted distance between feet front to back. She felt comfortable with her arms about shoulder height.

Physical Body

Without adapting the pose/movement.-----

1	2	[3]	4	5
Little Effort	Moderate Effort	Balanced Effort & Ease w/out Strain	Strain	Stressful

With adjustments/adaptations.-----

1	2	3	4	5
Little Effort	Moderate Effort	Balanced Effort & Ease w/out Strain	Strain	Stressful

Breath

Without adapting the pose/movement.-----

1	2	[3]	4	5
Shallow		Steady, even Calm		Labored

With adjustments/adaptations.-----

1	2	[3]	4	5
Shallow		Steady, even Calm		Labored

Mind

Without adapting the pose/movement.-----

1	2	3	[4]	5
Busy, Unfocused	Mildly present	Focused, present, Calm	Focused, present, Mildly tense	Aggravated, Tense

With adjustments/adaptations.-----

1	2	[3]	4	5
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Notes.

Client. With feet wider apart, there's more weight in my front leg, relieves strain in my back hip joint.

Joy Client started off making same shorter stance adjustment as with Warrior I, then tried a wider stance, then settled on a place in between. She was a bit surprised that she needed little adaptation from her usual stance. Adjustments were more subtle.

Asana/pose/movement. Navasana/Boat. This is a particularly aggravating pose for Client. Her low back tenses up and becomes painful, especially when she leans back, shoulders behind hips. She sits on a narrow block with a blanket over it.

Physical Body

Without adapting the pose/movement.-----

1	2	3	4	[5]
Little Effort	Moderate Effort	Balanced Effort & Ease w/out Strain	Strain	Stressful

With adjustments/adaptations.-----

1	[2]	3	4	5
Little Effort	Moderate Effort	Balanced Effort & Ease w/out Strain	Strain	Stressful

Breath

Without adapting the pose/movement.-----

1	2	3	4	[5]
Shallow		Steady, even Calm		Labored

With adjustments/adaptations.-----

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With adjustments/adaptations.-----

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Notes.

Client Sitting cross legged relieves the strain in my low back, that way I can sit more upright and lean a bit forward. I suck in my breath with the pain or hold my breath. When I sit straight the crossover arms do not pull on my low back. :)

Joy Without adapting, Client's breath was very constricted, her whole body was tense. Together we can up with a variation where Client keeps her heels on the mat & extends her feet farther away from her hips so she has more of a forward tilt to her pelvis. I suggested that when we practice revolved navasana, she keep her range of motion small & come to sit cross legged at any time. So much of the messages that arose were actively giving Client permission to rest a bit more.

Asana/pose/movement. Reclined twists. Putting a blanket under Client's left (?) shoulder to support it brings ease and comfort. It can be cumbersome to reach and place the blanket well .

Physical Body

Without adapting the pose/movement.-----

1	2	3	4	[5]
Little Effort	Moderate Effort	Balanced Effort & Ease w/out Strain	Strain	Stressful

With adjustments/adaptations.-----

[1]	2	3	4	5
Little Effort	Moderate Effort	Balanced Effort & Ease w/out Strain	Strain	Stressful

Breath

Without adapting the pose/movement.-----

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Mind

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Notes.

Client Support under the shoulder relieves strain. Shoulder joint more irritated lately.

Joy This is where being in-person clearly demonstrates its benefits. If I was there to assist with placing the blanket, it could be of benefit. _Shoulder support calms, quiets Client's breath & grounds her.

Asana/pose/movement. Side lying. For Client, lying on her right hip can be painful, bursitis. Leaning her top/left hip a bit forward helps to relieve the pressure on the affected area.

Physical Body

Without adapting the pose/movement.-----

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With adjustments/adaptations.-----

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Notes.

Client Very painful without adaptations. Not okay to make bicycle movements with the right leg. Tapping toes front to back is fine. Client chooses these movements when bicycle is offered. Clam & QL neutralizer movements are fine. Right hip gets fatigued more quickly than left. Becoming more inclined to stop the movements and roll onto back or belly rather than keep going into pain & strain.

Joy. Client has come to know that some movements are just not okay in her body & she does not go there, choosing to pause or find another more suitable movement for the practice.

Asana/pose/movement. Any supine position with legs vertical. Foam wedge. Client's idea. So wonderful! Client has replaced the block for the wedge in viparita karani/inverted action pose.

Physical Body

Without adapting the pose/movement.-----

1	2	3	4	[5]
Little Effort	Moderate Effort	Balanced Effort & Ease w/out Strain	Strain	Stressful!

With adjustments/adaptations.-----

1	[2]	3	4	5
Little Effort	Moderate Effort	Balanced Effort & Ease w/out Strain	Strain	Stressful

Breath

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Notes.

Client Without any support around the back pelvis & even with some support, the legs really shake, the thighs become tight and quickly fatigue. Unsustainable. Tried placing hands under glutes, then fists under glutes, fist irritate hands due to arthritis. Then the thought of using her foam wedge from a previous course of physical therapy came to her. Bingo! It works wonderfully. Just need time in class to position it in time.

Joy. Super insight and resourcefulness. Client's frustration dissipates & she is able to focus her attention, and bring fullness to her breath. I am going to recommend the wedge to other students.

Resource.

Foam wedge client repurposed from physical therapy for cramping in her legs.

OPTP Slant Wedge.

[https://www.amazon.com/OPTP-Slant-Pair-Incline-](https://www.amazon.com/OPTP-Slant-Pair-Incline-Stretching/dp/B002C9IMVQ/ref=asc_df_B002C9IMVQ/?tag=hyprod-20&linkCode=df0&hvadid=194978030532&hvpos=&hvnetw=g&hvrnd=8822034408392007625&hvpon=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9006507&hvtargid=pla-365289827167&psc=1)

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