

In her book, *Yoga At Your Wall*, Stephanie Pappas highlights the benefits of using the wall: "When practicing at a wall, you have a vertical reference point for your further orientation. You can lean into it, align yourself with it, push off of it, or press into it. The wall not only assists you, it adds another degree of challenge to your practice." (p.3)

In his book, *Accessible Yoga*, Jivana Heyman outlines the benefits of using props, including the wall, to adapt a pose. The benefits listed are as follows:

- Props Can Raise the Floor
 - Props Can Create Alignment
 - Props Help Make Connections
 - Props Allow You To Release Effort
 - Props Can Apply Pressure
- (p.25-28)

Yoga International article by Jivana Heyman:

<https://yogainternational.com/article/view/making-yoga-accessible-sun-salutations-and-warm-ups1>