

UNIFIED YOGA



**New York State Developmental Disabilities Planning Council
Inclusive Fitness Initiative • 2017 • FitnessInclusionNetwork.org**



I offer you peace. I offer you love. I offer you friendship.

I see your beauty. I hear your need. I feel your feelings. My wisdom flows from the Highest Source. I salute that Source in you.

Let us work together for unity and love.”

— Gandhi

INCLUSION MEANS: to transform communities based on social justice principles in which all community members:

are presumed competent

are recruited and welcomed as valued members of their community

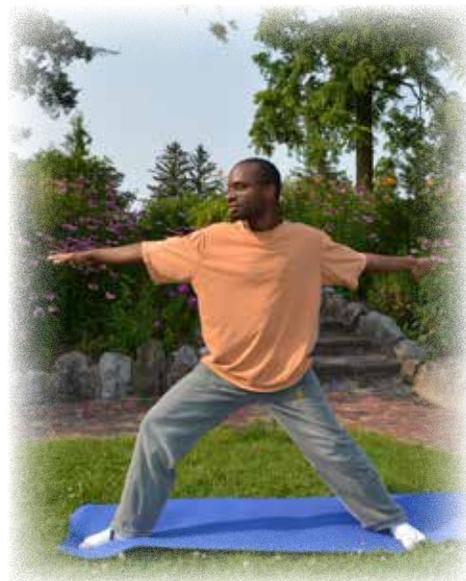
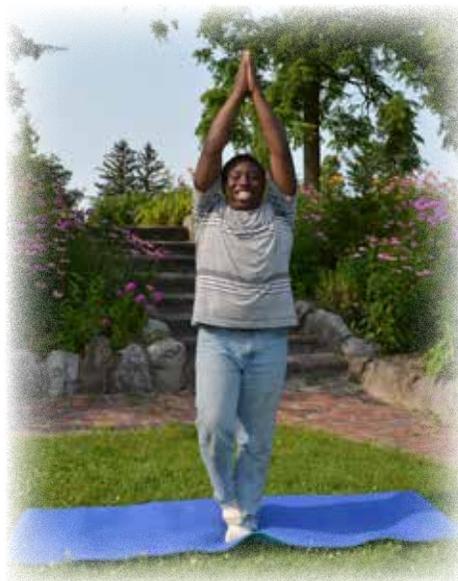
fully participate and learn with their peers

experience reciprocal social relationships

Welcome to Unified Yoga!

Yoga involves moving the body and training the mind to achieve balance and well-being. Its purpose is to help each one of us achieve our highest potential and to experience enduring health and happiness. Yoga originated in India more than three thousand years ago. In Sanskrit, the word yoga comes from the root yuj which means “to add”, “to join”, “to unite”.

Unified Yoga is an inclusive outdoor Yoga program that welcomes people of all abilities. It originated several years ago in the **Mainstream Program** at the Southwest Community Center in Syracuse, New York. Our core group of participants are teens and young adults, some of whom have developmental disabilities such as intellectual disability, cerebral palsy, and autism. Sessions are held once weekly in beautiful locations in various Syracuse Parks. The purpose of Unified Yoga is to instill acceptance, positivity, and empowerment for all participants, and to transform our community. ॐ



Acknowledgements

This booklet was created in 2017 for the **INCLUSIVE FITNESS INITIATIVE**. The Inclusive Fitness Initiative is a 3-year long pilot program funded by the **NEW YORK STATE DEVELOPMENTAL DISABILITIES PLANNING COUNCIL**. The goal is to promote inclusion of young adults with developmental disabilities in community-based wellness programs.

This publication is part of a series of open source guidebooks on inclusion for high school students. Download and find out more at FitnessInclusionNetwork.org.

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The Fitness Inclusion Network (Fit-In) is a collaborative, cross-institution initiative that was launched in 2013 with support from the Upstate Foundation/Golisano Children's Hospital, SUNY Cortland Department of Physical Education, and the Burton Blatt Institute at Syracuse University. We are an interdisciplinary group of athletes, students, families, and professionals in adapted physical education, medicine, physical therapy, occupational therapy, engineering, therapeutic recreation, special education, social work, and disability policy and law. The Fitness Inclusion Network hosts an annual conference, maintains an information hub, and publishes open-source print and media on inclusion, many of which are geared to high school students. Our mission is to develop innovative ways to promote and support inclusive fitness for children, adolescents and adults with disabilities in Central New York.

The **Fitness Inclusion Network** takes a community health approach to inclusion. We are guided by several resources that are available via the **National Center for Health, Physical Activity, and Disability**. Specifically we have learned a lot from the Community Health Inclusion Sustainability Guide: <http://www.nchpad.org/CHISP.pdf> and the Commit to Inclusion Campaign: <http://committoinclusion.org>. We have also worked closely with the Inclusive Recreation Resource Center headquartered at SUNY Cortland: <https://www.inclusiverec.org>. Many of our projects involve collaboration with the **City of Syracuse Department of Parks and Recreation**. The people at Syracuse Parks have been wonderful partners and truly are committed to inclusion!

Three years ago (2014) we were selected by New York State to



The community based adapted yoga program provided group members the opportunity to participate in yoga instruction individualized to their emotional, social, sensory, cognitive and physical abilities. It was exciting to observe the members' eagerness to participate and their individual growth over the course of the program. Many participants displayed improved motor planning abilities, improved sensory organization and attention in the sessions. The program is a testimony to the benefit of providing individuals with disabilities the opportunity to participate in inclusive community based fitness programs.

—Anne Marie Abt, PT, DPT, PCS

develop and pilot inclusive fitness strategies for young adults (ages 18-25 years) who have developmental disabilities. With input from Professor John Foley and his colleagues in the field of Adapted Physical Education at SUNY Cortland, we decided that it would make sense to focus our efforts in four distinct categories of physical activity:

- **Outdoor Recreation**
- **Unified Sport**
- **Personal Fitness**
- **Mindful Movement**

Inclusion strategies for each of these categories can be found at FitnessInclusionNetwork.org. This booklet summarizes our experience with inclusion strategies for "Mindful Movement".

During Year One of our pilot program we adapted a group visit program that we had successfully launched at the Spina Bifida Center of Central New York.

Group visits combine medical care with an information session for families and physical activity/wellness programming for children and adolescents. Group visits also provide plenty of time for informal networking. Our group visit program took place at an adaptive gym facility on the campus of SUNY

Upstate Medical University. We reached out to Meezan Ford, who is a young woman with spina bifida, to help plan our pilot program. Meezan is involved with adaptive yoga in the Washington DC area. She helped us to plan for and consider accommodations for our "Mindful Movement Group Visits" initiative.

We also reached out to the Mainstream Program at Syracuse's Southwest Community Center (SWCC). Mainstream provides inclusive programming for about 15 young adults who have developmental disabilities such as autism, intellectual disability and cerebral palsy. Students from SUNY Cortland Adapted Physical Education Department, Syracuse University School of Education, and the SUNY Upstate Physical Therapy School staffed the group visits. We had the right people, lots of good intentions, and funding to overcome obstacles such as transportation. However, "Mindful Movement Group Visits" was not a success. This was because our program was off-site in a location that was new to the participants. Parking in a basement garage was an obstacle for several young adults with autism. **We learned it is best to start a program in a setting familiar to young adults.**

During Year 2 we re-grouped(!) We met onsite at the SWCC with participants of the Mainstream Program. To get the conversation started we asked young adults to make drawings of what they liked to do to stay physically active, and whom they liked to be with. Basketball with family and neighborhood friends was a common theme. So, with the help of Prof. Tim Davis and his students at SUNY Cortland and Prof. Anne Marie Abt's physical therapy students at SUNY Upstate, we launched an inclusive fitness and recreation program in the gym at the SWCC. We all got to know one another in a setting that was familiar to the young adults. Donna Bradford and Joy Papazides-Hanlon, who have staffed the Mainstream Program for many years, also shared ideas and provided feedback. Last but not least we attended a potluck dinner and brainstorming session with families. We learned that families wanted to get outdoors for fitness

programs. The following week, Tim Davis, and Anne Marie Abt and their students from SUNY Cortland and SUNY Upstate were able to organize an afternoon of field games at a local park. The weather was perfect and a great time was had by all! **We learned that it takes time to get to know one another and that it is really important to include the participants when planning an inclusive fitness program!**

During Year 3 we returned to the Mindful Movement theme. We learned in Year 2—when we were onsite at the SWCC—that Joy Papazides-Hanlon had already introduced yoga to the Mainstream participants. Yoga was in fact a regular activity! Joy had created a bulletin board with a “visual schedule” of yoga poses. Participants each had yoga mats. We did not need to reinvent the wheel! We also gained insights from Professor Diane Ryan Theresa Kolodziej, who had successfully launched an inclusive yoga program at Daeman

College in Buffalo. Here in Syracuse Prof. Anne Marie Abt and her student, Rebecca Alexander joined with Joy Papazides-Hanlon to expand Mainstream's Yoga initiative into the Unified Yoga program described in this booklet. To start, Rebecca co-lead Yoga sessions indoors at the SWCC. This was a great way for everyone to get to know one another.

For the Summer months we simply moved the Mainstream Yoga Program outdoors. Rebecca worked with Syracuse Parks Department to identify beautiful spots in our local parks, and conducted weekly Unified Yoga sessions throughout the Summer of 2017. These sessions were open to the public and publicized by the Syracuse Parks department as “Unified Yoga in the Park”.

We learned that being outdoors brings us together. Our city parks were the key to success for our Unified Yoga program! 🌀



Yoga teaching means inclusiveness. It means involving all types of unique individuals in class. It means approaching ourselves with an open heart and mind. It means that when you show up to your mat, you include all parts of yourself and don't hold anything back. Yoga is a wholehearted acceptance of ourselves, of others, and of the present moment. Teaching yoga to this group has been a rare and beautiful opportunity. It is a beautiful experience to see students making improvements in motor planning, coordination and efficiency over the weeks that we worked together. The research on yoga and mindfulness for individuals with Autism Spectrum Disorder (ASD) and special populations speaks for itself. In this program with the Inclusive Fitness Initiative, we are able to experience some of this magic first hand.”

—Rebecca Alexander, SPT, DPT3, 200-RYT



Next Summer!

YEAR 3

We learned that being outdoors brings us together. Our city parks were the key to success for our Unified Yoga program!



YEAR 2

We learned that it takes time to get to know one another and that it is really important to include the participants when planning an inclusive fitness program!

We learned that it makes sense to support the people and programs that are already in place!



YEAR 1

We learned it is best to start a program in a setting familiar to young adults.



Inclusion means all people of all abilities can play wherever they choose in a welcoming and supportive environment. **-Lynn Anderson**

Inclusion means eliminating barriers to participation. There is a way, and we can figure this out together. **-Lisa Neville**

Inclusion means "abilities" and how we share them together. **-Joy Papazides-Hanlon**

Inclusion means being able to share a worthwhile experience with others that benefits each individual in a unique way, regardless of limitations." **-Chris Torell**

Inclusion means community involvement and providing a space where everyone feels welcome. **-Elizabeth White**

Inclusion means acceptance and community. **-Nienke Dosa**

Inclusion means having an environment where everyone is having fun and meeting new people. **-Shannon White**

Inclusion means everybody knowing they have a place to be comfortable being themselves. **-Sophie Nash**

Inclusion means fostering a culture that is designed to bring people from all walks of life together to accomplish their common goals and help everyone be the best that they can. **-Marissa Dale**

Inclusion means having the same choices as others when pursuing interests and new experiences. In the realm of Parks and Recreation, all members of a community will have the same opportunities to fully participate in, and indeed realize the many benefits of, recreational activities. **-Chris Abbott**

Inclusion means we are immersed in activities that are accessible and social scenes of our choosing. **-Peyton Sefick**



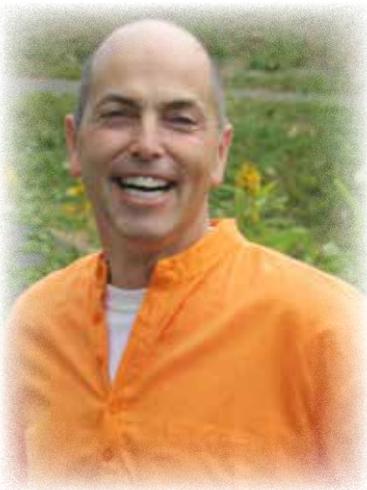
Yoga is a practice involving lifestyle, breath, mind, service, and movement that is over 5,000 years old. The aspect of yoga used in this program involved a bit of all facets. Poses are named according to their Western/American names alongside their “asana” terms. Asana is an ancient Indian word for “pose”.

In this booklet, poses/asanas are demonstrated for any reader to pick up and try out! The following fourteen yoga poses were selected to share in this booklet because they encompass all areas of the body, and movement in all planes.

When we conducted our program, we focused on yoga as a movement, breath, and mindfulness practice, sequencing

together the poses with the goal of moving energy around the body. We used poses that were carefully selected to provide optimum functional application to individuals with low motor tone and difficulty with coordination. Poses are focused on improving movement across midline, improving core stability, flexibility, relaxation. In addition, some poses were selected as they related to functional activities such as standing up from a seated position, improving balance, lifting the pelvis, and extending the spine.

For additional information about postures and how to learn more about practicing yoga, visit the Resources section on page 24. ॐ



“ *What I love about yoga is how it works for everyone at any age, level of ability or physical condition. Every practice is adaptable to meet you where you are and from there you become more.*

The breathing is so amazingly simple and yet it has the potential to change every aspect of your life; decreasing mental and emotional stress, increasing oxygen levels in the blood, and overall physical health.

The meditation practices are universal, simple and effective; changing the very nature of our being. Through any practice the practitioner deepens their relationship with themselves which is very therapeutic in itself but it also creates lasting changes in the function of the brain and how it works; we become more conscious.

The physical practices are amazingly adaptable making it possible for anyone at any age, level of ability, body type or physical condition to become more comfortable being in their body. The postures have the potential to retrain the muscular skeleton system, increase strength, coordination balance and poise, making it possible live more comfortably in our body.

—Tony Riposo, Founder, Infinite Light Yoga

Tree Pose *Vrksasana*

BENEFITS Improves balance, strength in legs, flexibility, concentration, focus.

INSTRUCTION Steady and straighten your standing leg. Find a point of focus on the ground that isn't moving. Lift your other leg and place it on your ankle, calf, or thigh. Lift the arms up overhead. Breathe.

ADAPT If a participant is not able to stand on one leg, they may place a hand on a wall or chair.

“ *Yoga made us feel relaxed. It made us have a good mind. Once done, Yoga made me feel happy and to take care of my body more. My favorite part was deep breathing in and out and Quandre's favorite part was to strengthen his hands over his head.*

— Shamar, Quandre's Community Habilitation Aide



Cat-Cow Pose *Chakravakasana*

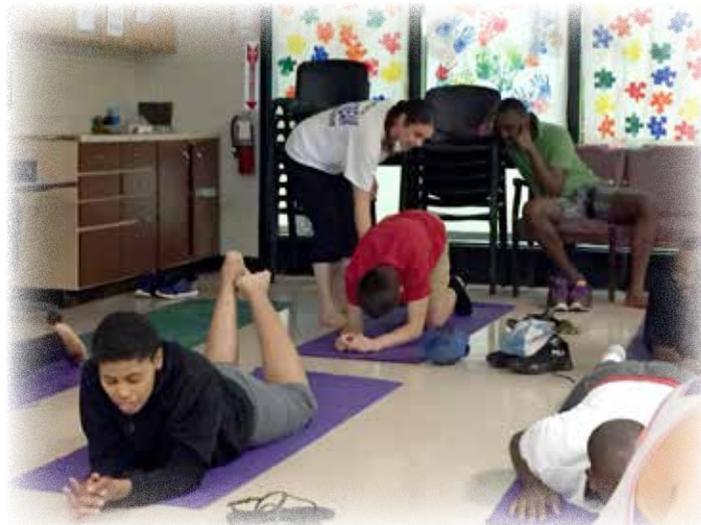
BENEFITS Improves core strength, strengthens shoulders and legs, improves flexibility at shoulders and spine, improves coordination.

INSTRUCTION On hands and knees, breathe in as you drop your belly down and look forward. As you breathe out, curve your spine up toward the sky like a cat, allowing the head and neck to relax toward your mat. Breathe in, and repeat from the beginning of this instruction.

ADAPT If an individual has difficulty maintaining their hands in a weight bearing position, you may have them put their hands on a blanket or something softer, or use fists. This pose requires a significant amount of core stability. Try not to sit back on heels.



“ Yes,
(nodding yes with head)
yoga, I like.”
—Egor telling his father.



Chair Pose Utkatasana

BENEFITS Improves balance and leg stability, improves neurological input to legs and feet/ankles, builds mental focus, improves gluteal muscles recruitment.

INSTRUCTION Start standing. Bring your hands together, to your heart or bring them up overhead. Shift your weight into the heels on both feet, and sit back as if you were going to sit on the edge of a chair. Try and keep your back flat. Take deep breaths here.

ADAPT Keep the legs parallel as you or your students are sitting back into that invisible chair. Look for compensatory strategies such as bending too far forward with the trunk or curving the upper back. Keeping the back nice and flat, while sitting back is encouraged to be sure gluteal muscles are recruited adequately. It's essential to build proprioceptive (neurological) input to our feet and ankles to prevent falls, and improve balance!

“ I feel that yoga helped our participants to have a better understanding of their body, how to relax. It gave me tools to work with our participants. -Donna, Mainstream Program



Warrior Poses

Virabhadrasana and Parsva Virabhadrasana

BENEFITS Improves balance and stability of the legs, improves mental focus, strengthens arms and legs, improves awareness of the breath and body.

INSTRUCTION Start standing. Place one foot forward on the mat and one foot back. Bend the front leg, and straighten the back leg. Toes of the front foot should face toward the front of your mat, and toes of the back foot should face 45 degrees toward the front of the mat. Face your ribs and torso toward the side of your mat. Bring your arms up to shoulder height. Reach them forward and back, and look out over those front fingers. Breathe!

ADAPT Focus on breathing in this pose, and you or your students can always bring the legs closer together or farther apart, depending on your height and your flexibility.



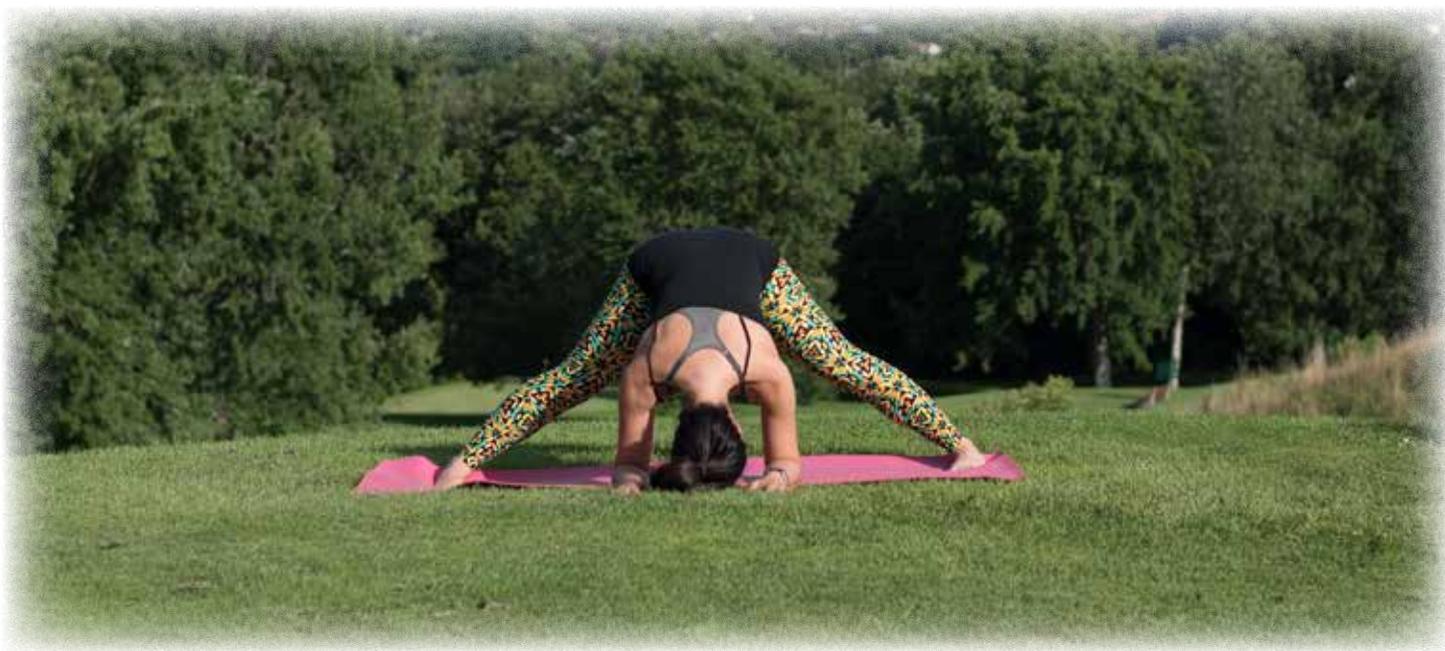
Wide-Legged Forward Fold Pose

Prasarita Padottanasana

BENEFITS Improves stability of the legs, improves mental focus, strengthens legs and back muscles, improves flexibility of leg muscles, promotes relaxation of muscles in the back.

INSTRUCTION Start standing, facing the side of your mat. Step your legs out wide. Keep your feet parallel, put your hands on your hips and find a flat back. Slowly bend at the hips over your legs. You might put your elbows or hands down on the mat, or keep your hands on your hips.

ADAPT Participants may keep their legs closer together and hands on their hips. It's important in this pose to try and keep the back flat and the legs straight.



“ The success of
Yoga does not
lie in the ability to
perform postures but
in how it positively
changes the way we
live our life and our
relationships.”

–T.K.V. Desikachar

Bridge Pose Setu Bandhasana

BENEFITS Improves stability of the core, strengthens legs and hip muscles, improves mental focus and builds body awareness.

INSTRUCTION Start lying on your back. Bring your feet by your hips, and bend your knees. Using your feet and gluteal muscles, lift your hips up off of the mat. Stay here and breathe, continually lifting the hips on each breath out.

ADAPT Start slow, and know that this isn't likely a position many beginners can hold for too long. Build up to holding this pose, or doing a few repetitions of it.



Dancer Pose Natarajasana

BENEFITS Improves balance, focus, and core stability.

INSTRUCTION Start standing. Bend one knee and bring the arm on the same side of the body to your foot or ankle. Reach your other arm up toward the sky. As you reach your arm, kick your foot into your hand and start bending at the torso. Breathe!

ADAPT Consider starting by holding on to your foot while standing up straight. This is a more challenging pose, so give yourself or your students plenty of practice before bending torso forward.

“Yoga captures the imagination and encourages the development of control and timing. Each unique body can tell a story with its movements.” –Lisa



Sphinx Pose *SalambaBhujangasana*

BENEFITS Improves core stability, builds strength and flexibility of the spine and shoulders. Improves leg strength.

INSTRUCTION Start lying on your belly. Bring your elbows underneath your shoulders. Place your forearms and hands face down on the mat. Press into the elbows to lift the torso up and off the mat slightly. Press your legs into the mat. Look forward, and breathe.

ADAPT Encourage participants to stay up on their forearms and not collapse into their shoulders. Only the former will help to build strength and stability in this pose



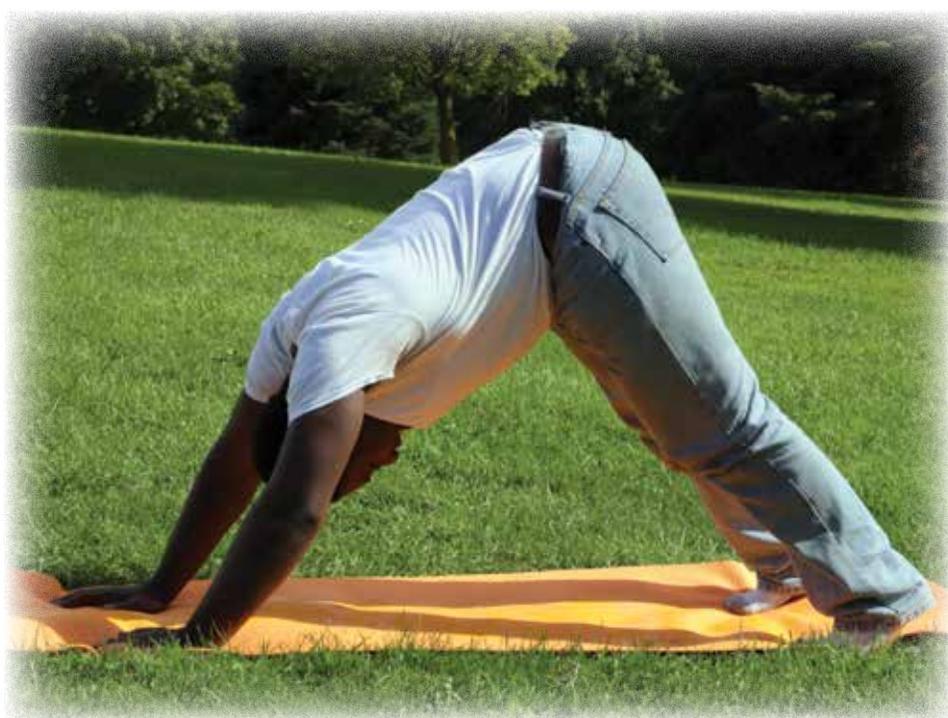
“Yoga is about accepting who you are, without judgment.” —Rebecca

Down Dog Pose *Adho Mukha Svanasana*

BENEFITS Improves balance, leg and core strength. Improves flexibility at the spine, shoulders, ankles, and hips.

INSTRUCTION Start standing at the top of your mat. Bend forward and bring your hands onto the mat. Step your feet to the back of the mat. Lift up your hips, and keep pressing the mat away with your hands. Lift your hips up as high as you can, and bring your heels down toward the mat. Keep your legs straightened or with a small bend. Breathe.

ADAPT For participants with tight legs, encourage bent knees! Make sure to keep back flat, not rounded.



Crescent Moon Pose *Ardha Chandrasana*

BENEFITS Improves balance, coordination. Improves leg, core and arm strength.

INSTRUCTION Start standing. Reach the arms up overhead. Bend toward one side, while keeping the feet pressing down into the mat. Breathe in this position.

ADAPT Encourage keeping the arms straight, and lengthening the sides of the body. If someone is not able to lift their arms up, consider keeping arms by the sides or hands on hips. An assistant can help with this pose as well.



“Yoga is something that Cory and Michaela can do together.”

—Cory's mom

Meditation Pose Sukhasana

BENEFITS Improves concentration, improves breath awareness, improves relaxation.

INSTRUCTION Start sitting on your mat. Bring your legs to cross, and sit up straight. Bring your hands to your knees, and tuck your chin. Keep pressing your hip points down, and lifting up through your head. Breathe in deep into your belly

and abdomen, until you feel your belly expand. As you breathe out, feel your belly soften. This is called “Diaphragmatic Breathing”, and has a calming effect.

ADAPT Individuals can participate in this pose while sitting in a chair.



“When the mind is at peace, the world too is at peace.”

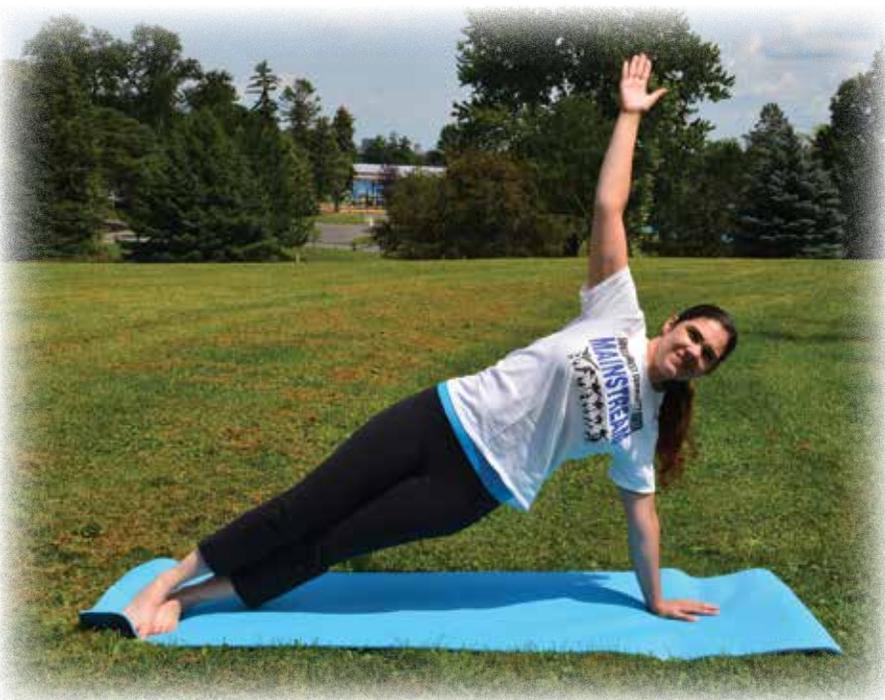
—Layman P'ang

Side Plank Pose Vasisthasana

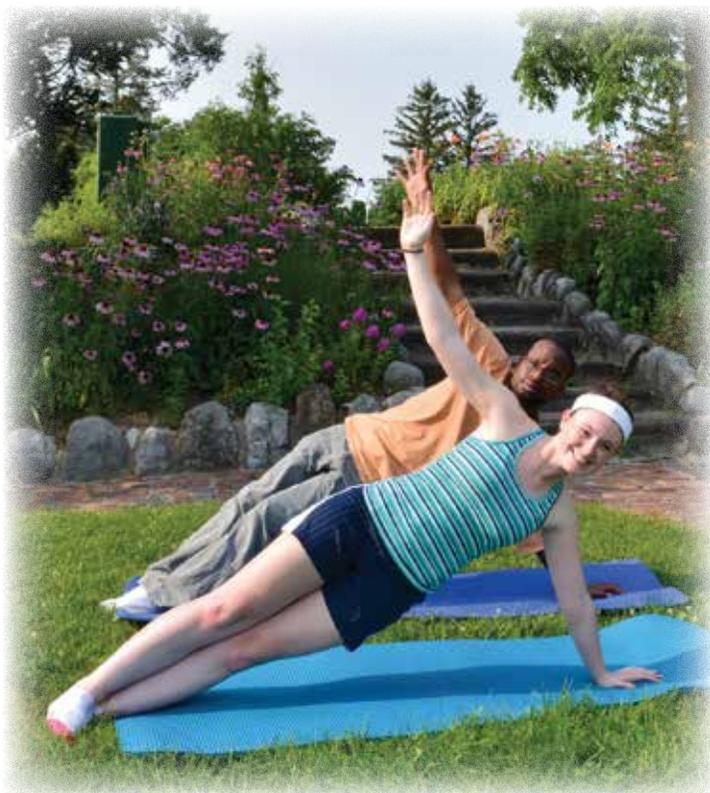
BENEFITS Improves core stability, improves leg, shoulder, arm, and hip strength.

INSTRUCTION Start out in table pose (hands and knees) in the middle of your mat. Reach both of your legs out long, keeping your back and legs in one straight line. Shift your weight to one hand, and stack your feet while keeping your legs straight. Reach the upper arm toward the sky! Breathe, and keep lifting your hips up.

ADAPT You might provide additional stability for you or your student by putting the lower leg's knee down on your mat. Then you have a little more support to keep your body lifted!



“ I like yoga cause it helps me to relax and it was fun to go to the park and do Yoga. I learned some things to help me to feel better.” -Ronald



Child Pose **Balāsana**

BENEFITS Promotes relaxation, improves shoulder, ankle, and leg flexibility.

INSTRUCTION Start in table pose (hands and knees in the middle of your mat). Sink your hips back toward your heels, letting your hips reach toward your heels. Allow your shoulders, head and neck to relax toward the floor.

ADAPT Consider putting a rolled towel or a foam block under forehead if your head does not touch the ground.



Camel Pose *Ustrasana*

BENEFITS Improves flexibility and strength of the spine. Improves core stability and strength of the legs.

INSTRUCTION Start kneeling on your mat, with your hips off of your heels. Reach your hands to your hips, and bend backward as you lift up through your head. Lift and lengthen just as much as you bend back! When you get as far back as you can bend, consider dropping your head and neck backward as well. Stay here and breathe before coming back to center.

ADAPT Participants may have difficulty staying in a kneeling position, encourage this lift by drawing attention and awareness to their hips in this pose, or asana.

“ I like it, it helped me move my hand more.” —Sugargirl



How to Launch a Unified Yoga Program in Your Community

1. Involve participants with planning!
2. Start at a location where people already gather.
3. Get to know participants' abilities and brainstorm together to identify adaptations. Some participants may benefit from medical evaluation prior to starting a yoga program.
4. Keep group size small (10 or so) initially. Keep sessions brief (30 minutes).
5. Yoga mats (or blankets) and visual reference (such as the pose pages in this booklet) are the only supplies you need. Some yoga studios also have fresh flowers and music for ambience- nice!
6. Recruit assistants to help with adjustments during yoga sessions. Share this guidebook with local yoga studios, high school physical education classes, physical therapy and occupational therapy programs and local wellness initiatives such as the YMCA.
7. Reach out to your local municipal parks department to identify beautiful outdoor areas for your unified yoga program. They can also help to publicize your unified yoga program.
8. Plan for transportation. Better yet, use a local park!
9. Talk as a group about what would work best in your community. Weekly sessions worked well for us.
10. Enjoy!



Consider the range of abilities that exist in any group. Ask participants and/or their “circle of support” to help you understand their physical challenges, communication style and sensory needs.

Visual examples of poses are important. Visual schedules can help participants to understand context, expectations and yoga routines.

Assistants can help with alignment and to adjust poses. Some participants may need help with transferring to the yoga mat, moving their legs, bodies, and even arms into poses.

Wear clothing that is comfortable: sweatpants and a t-shirt or tank top work well. Bring a yoga mat, a water bottle, and a small towel. If it is a hot day, consider bringing a spray bottle or water mister to keep cool!

Our bodies are all shaped differently, and that is okay. We included multiple photos in this booklet to show how different bodies can look doing the same pose.

When modifying poses in a class setting, focus on finding a version of the pose that feels good to you or your student, while keeping the focus on the benefits of the pose.

Give regular cues to encourage breathing throughout the practice.



Resources

INCLUSION

Community Health Inclusion Sustainability Guide <http://www.nchpad.org/CHISP.pdf>

ADAPTATIONS

Access 2 Yoga

Ryan McGraw, a yoga teacher and individual with cerebral palsy, has created Access2yoga.com drawing on his own personal experience of adapting yoga postures for the needs of his body and his years of yoga training. <http://www.access2yoga.com>

Adaptive Yoga for Children and Youth with Cerebral Palsy

Open Source Curriculum with Photos and Videos

National Center for Health Physical Activity and Disability <http://www.nchpad.org/297/1851/Adapted~Yoga~for~Children~and~Youth~with~Cerebral~Palsy>

Inclusive Yoga: A practice for individuals with spinal cord injury

Open Source Adaptive Poses and Video

National Center for Health Physical Activity and Disability
<http://www.nchpad.org/1263/5963/Inclusive-Yoga>

Jessica Parsons Yoga

Jessica Parsons is a Yoga Instructor with Down Syndrome. She teaches “Inclusive Yoga” for people of all abilities via the Santa Barbara Parks & Recreation Adaptive PE Program

<http://www.jessicaparsonsyoga.com>

NCHAP’s video series on Yoga for Individuals with Disabilities

<http://www.nchpad.org/295/1834>

TRAINING AND CERTIFICATION

Accessible Yoga

An international advocacy organization focusing on sharing yoga with all. It offers Accessible Yoga Conferences, Journal, and the Accessible Yoga Network. The Accessible Yoga Training focuses on how to make the yoga teaching available to everyone, regardless of their level of physical ability.

<http://accessibleyoga.org/trainings/>

Creative Relaxation

Yoga based education program for students with autism developed by Louise Goldberg ERYT 500, C-IAYT. Training workshops and certification program. <https://www.creativerelaxation.net>

Kripalu Center for Yoga & Health

A non-profit organization that operates a health and yoga retreat and offers a multitude of yoga trainings, in Stockbridge Ma. Kripalu.org

Mind Body Solutions

A nonprofit with a mission to transform trauma, loss and disability into hope and potential by awakening the connection between mind and body. They’re best known for adapting yoga for persons living with disabilities. Through our Opening Yoga to Everyone program, they offer adaptive yoga instruction in the Twin Cities area and teacher training for yoga teachers from across the country.

<http://www.mindbodysolutions.org>

YogaKids International, Inc

A pioneer and leading provider of yoga to children around the world based in New Buffalo, MI. The organization’s mission is to promote peace, healthy life-style, self-empowerment and a fun, effective way of learning to children. Unlike yoga for adults, the YogaKids program specifically supports the capacities of children of all ages. <https://yogakids.com>

OTHER RESOURCES

The following are Illustrated Yoga Poses with instructions to read aloud:

Yoga Pretzels (Yoga Cards) by Tara Guber, Leah Kalish, Sophie Fatus (ISBN: 9781905236046)

Yogarilla Exercises and Activities: Yoga Flash Cards deck (ISBN: 9781586508975)

Yoga 4 Classrooms Activity Card Deck by Lisa Flynn and James Vaughn (ISBN: 97806155537719)





Namaste

*a deeply respectful wish for goodness to others,
is embodied in the ideas of both yoga and inclusion.
Yoga and inclusion go together!” — Lynn Anderson*



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