

## **Adaptive Yoga for Cerebral Palsy and other Developmental Conditions**

### **Brief resources list AACPDM Breakfast session 2016**

<http://www.cerebralpalsy.org/inspiration/athletes/ryan-mcgraw>

Describes a 30year old's journey with yoga as adaptive fitness

<http://prairieryoga.org/articles-adaptive-yoga-manual>

His 2013 Master's thesis on Yoga for CP, including pictures of adaptive chair yoga seated poses or "asanas"

<http://www.nchpad.org/297/1849/Adapted~Yoga~for~Children~and~Youth~with~Cerebral~Palsy>

NCHPAD's Yoga resource with YouTube videos embedded in adaptive poses

<http://www.cosmickids.com/kids-yoga-for-cerebral-palsy/>

Descriptions of adaptive yoga based on one child's tone issues

<http://www.specialyoga.com>

Information on Sonia Sumar's book, "Yoga for the Special Child" including conferences and trainings

[https://www.youtube.com/results?search\\_query=yoga+adapted](https://www.youtube.com/results?search_query=yoga+adapted)

YouTube search for adapted yoga reveals several videos including a Chair yoga class

<https://www.youtube.com/watch?v=SrhYsbmeNes>

Mountain Pose or active standing one version from Onlymyhealth

<https://www.youtube.com/watch?v=8RQVxXdDfRg>

A good description of mountain pose variations and which muscles activate

**Yoga suggestions**  
**Theresa Clancy, PT**

1. Possibilities for using chairs:
  - a. Strictly chair
  - b. Chair/standing combination
  - c. Occasional chair support
  
2. If using chair/standing combination, to add variety and interest, you may wish to:
  - a. do a series of sitting postures and rest,
  - b. then do a series of standing postures and rest,
  - c. then do a second series of sitting and rest,
  - d. then do a second series of standing and rest.

(blocks, belts, and blankets are helpful but not essential)
  
3. Pranayama preparation practices:
  - a. Improve breathing capacity and mental attention by chanting vowels such as “do, re, me.” Useful in exhaling into forward flexion.
  - b. Straw breathing.
  - c. 3-part breath observation.
  
4. Mediation and grounding attention practices:
  - a. Concentrate on feeling the contact of the feet on the floor.
  - b. Direct awareness – such as relaxing the tongue, relaxing the shoulders, etc.
  - c. Visualization.
  - d. Chanting.
  - e. Affirmation.

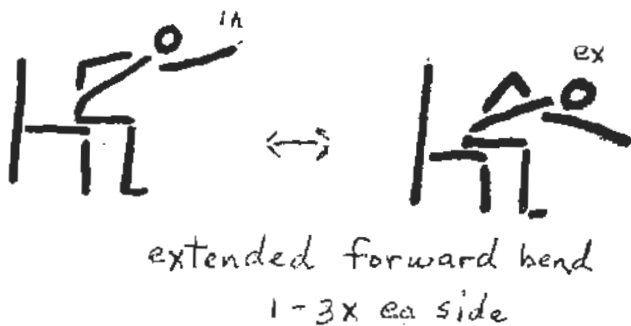
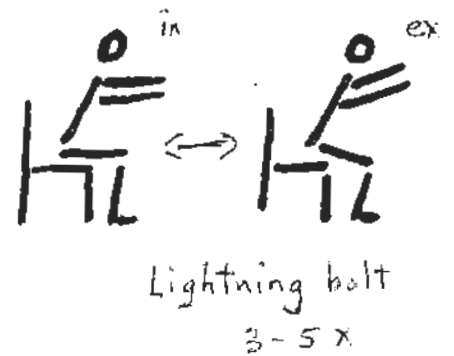
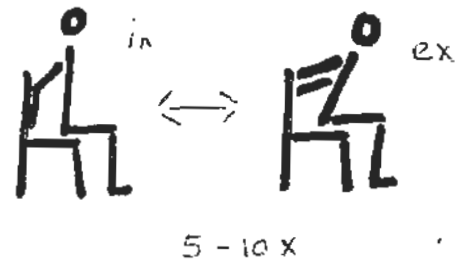
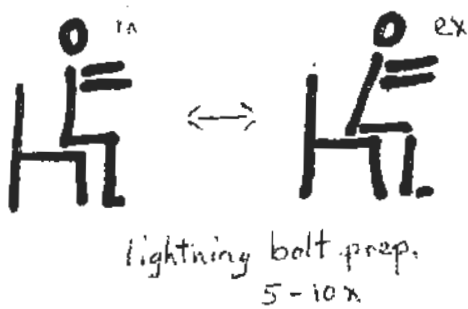
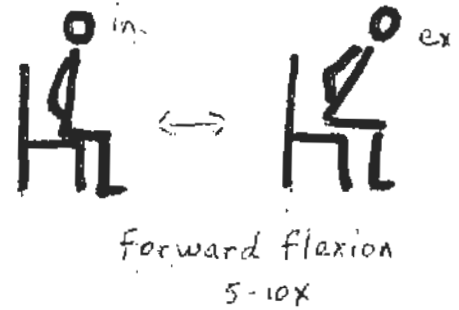
**\*\*Important**

Consider any health condition-specific issues that may require modifications. It is also important to carefully monitor individual responses, especially when in standing.

# Chair Yoga



sitting upright  
focusing



# Chair Yoga



Tadasana



Warrior 1



Warrior II



Side Angle



lightning bolt



wide leg forward flexion



praying table



Savasana