

DAY 6 – BE STILL ON THE CHAIR

Poses, Modifications, and Alternative Poses

This session is all about letting go. Support the body with blankets and cushions so you can completely relax.

This document outlines cautions for the following:

- Neck problems
- Back problems and osteoporosis
- Abdominal problems
- Low blood pressure and vertigo
- Pregnancy

ROUNDED UP CAT (DYNAMIC ALTERNATIVE: CAT)

	Static pose	Dynamic alternative
Cautions	<ul style="list-style-type: none"> ▪ Osteoporosis: Don't round the back too much. ▪ Abdominal problems: Avoid forceful contraction of the abdomen ▪ Pregnancy: <ul style="list-style-type: none"> • Avoid forceful contraction of the abdomen • This pose is not suitable if you are in your third trimester of pregnancy 	<ul style="list-style-type: none"> ▪ Neck problems: Move with awareness, and avoid overextending the neck (ie. taking it back too far). If needed, minimise the movement and keep the neck long. ▪ Osteoporosis: Move with awareness. Don't overflex and extend the spine. ▪ Abdominal problems: Avoid forceful contraction of the abdomen when rounding the back ▪ Pregnancy: <ul style="list-style-type: none"> • Avoid forceful contraction of the abdomen when rounding the back • This pose is not suitable if you are in your third trimester of pregnancy

Static pose

Dynamic alternative

The pose



▪ Inhale:



▪ Exhale:



UPPER BACK BEND

(DYNAMIC ALTERNATIVE: OPEN CHEST/UPPER BACK BEND)

	Static pose	Dynamic alternative
Cautions	Neck problems: Don't let the head drop back.	<ul style="list-style-type: none">▪ Neck problems: Don't let the head drop back.▪ Osteoporosis: Move with awareness. Don't overflex and extend the spine.▪ Abdominal problems: Avoid forceful contraction of the abdomen when rounding shoulders▪ Pregnancy: Avoid forceful contraction of the abdomen when rounding shoulders
The pose	 <p>Use cushions, blankets and pillows to support the torso and head.</p> 	<ul style="list-style-type: none">▪ Inhale: ▪ Exhale: 

REVOLVED HEAD-TO-KNEE POSE (DYNAMIC ALTERNATIVE: SIDE BEND)

	Static pose	Dynamic alternative
Cautions	<ul style="list-style-type: none"> ▪ Neck problems: Keep the neck long, don't let it relax to the side when twisting. ▪ Back problems in particular sciatica and osteoporosis: Perform a gentle seated twist. Don't twist so far that you bring pressure on the spine. ▪ Low blood pressure, vertigo: Move slowly between the upright and bending position. ▪ Pregnancy: This pose is not suitable if you are pregnant. Do a static or dynamic side bend. 	<ul style="list-style-type: none"> ▪ Back problems: Think about lengthening spine instead of bending over. Let the crown of the head extend towards the cornices. ▪ Osteoporosis: Think about lengthening spine instead of bending over. Let the crown of the head extend towards the cornices. ▪ Low blood pressure, vertigo: Move slowly between the upright and bending position.
The pose		<p>Moving from side to side:</p> 
Making it stronger		

Alternative pose

Static pose	Dynamic alternative
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None

SEATED TWIST (DYNAMIC ALTERNATIVE: SEATED TWIST)

Cautions

Static pose	Dynamic alternative
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- Back problems in particular sciatica and osteoporosis: Don't twist so far that you bring pressure on the spine.
- Pregnancy:
 - This pose is **not** recommended if you are in your first trimester.
 - Don't twist so far that you place pressure on the abdomen.

Same cautions as the static pose.

The pose



Static pose

Dynamic alternative

Making it stronger



SUPPORTED POSE OF THE CHILD

Cautions

- Back problems: Keep the spine long. Rest your head onto the table top or the back of the chair.
- Osteoporosis: Keep the spine long. Rest your head onto the table top or the back of the chair.
- Low blood pressure, vertigo: Move slowly between the upright and forward bending position.
- Pregnancy: Sit with the legs wide. Only come as far forward as comfortable.

The pose



Modifications

Use blankets and cushions to support the head and torso.

