

DAY 6 – BE STILL ON THE FLOOR

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:

- Knee and hip problems
- Neck problems
- Back problems
- Abdominal problems
- Pregnancy

COBBLER FORWARD BEND

Cautions

- Knee problems:
 - Place cushions or the blankets under the knees to support them
 - Extend the legs and come into a wide-legged forward bend
 - Hip problems:
 - Sit on a folded blanket or cushions to raise the hips and let the knees relax towards the floor
 - Extend the legs and come into a wide-legged forward bend
 - Back problems:
 - Sit on a folded blanket or cushions to raise the hips and let the spine lengthen
 - Supine cobbler pose. Use cushions to support and partially elevate the torso.
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The pose



Modifications

- Sit on a folded blanket or cushions to raise the hips
- Place props under the knees to let the knees relax
- Use blankets, cushions or blocks to support the torso and head



Alternative poses

- Seated wide-legged forward bend



- Supine cobbler pose



REVOLVED HEAD-TO-KNEE POSE

Cautions

- Knee problems: Use cushions or blankets under the bent knee to support it, or extend the leg out.
 - 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.
 - Pregnancy:
 - This pose is **not** suitable if you are pregnant.
 - Perform the head-to-knee pose (without the twist) using cushions and blankets for support and avoiding pressure on the abdomen.
 - Do a gentle seated twist. Don't twist so far that you bring pressure into the abdomen.
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The pose



Making it stronger



Modifications

- Sit on a folded blanket or cushions to raise the hips
 - Place props under the knee to let the bent leg relax
 - Have both legs extended out wide, instead of bringing one foot into thigh
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Alternative poses

- Head-to-knee pose



Use cushions and blankets to support your body and torso.

- Seated wide-legged forward bend



Use cushions and blankets to support your body and torso.

- Seated twist



SUPPORTED CHEST STRETCH

Cautions

- Back problems: Bend the knees and place the feet flat on the floor.
 - Pregnancy: This pose is **not** recommended if you are approaching or in your third trimester.
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The pose



Modifications

- Bend the knees and place the feet flat on the floor.



**Alternative
pose**

Upper back bend on floor or chair. Lengthen up through the spine, and then lift the chest towards the sky.



Use cushions and blankets to support the torso and head, and relax.



SUPPORTED BRIDGE

Cautions

- Neck problems: Ensure that the neck is long by bringing the chin a little towards the chest. Place a cushion under the head, particularly if you're rounded in the upper back and over-extending through the neck.
- Abdominal problems: Don't raise the hips too high and avoid the strong stretch across the abdomen.
- Pregnancy:
 - If you're in your first trimester of pregnancy, don't raise the hips too high. Avoid the strong stretch across the abdomen.
 - This pose is **not** suitable if you are in your third trimester of pregnancy

The pose



Making it stronger



SHAVASANA

Cautions

- Back problems: Bend the knees and let the knees fall into the centre, or use cushions and blankets to support the body, or choose an alternative pose
 - Neck problems: Keep the neck long. Place a cushion under the head, particularly if you're rounded in the upper back and over-extending through the neck, or choose an alternative pose
 - Pregnancy: If you're in or approaching your third trimester, choose a pose laying on your side or seated on the floor or in a chair
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The pose



Modifications

- Bend the knees and let the knees fall into the centre



- Use cushions and blankets under the thighs



- Use cushion or blanket under the head



Alternative poses

- Flapping fish pose



Use cushions or blankets to support the body, if needed.



- A comfortable seated position on the floor or in a chair
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