LAILIN YOGA

DAY 7 – GREET THE NEW YEAR – STANDING AND FLOOR SESSION

Poses, Modifications, and Alternative Poses

Surya namaskara, the sun salutation, is a dynamic practice that flexes the spine, stretches the body, and stimulates all the body systems.

This document outlines cautions for the following:

- Back problems and osteoporosis
- High blood pressure, low blood pressure and vertigo
- Knee problems
- Wrist problems
- Shoulder problems
- Neck problems
- Abdominal problems
- Pregnancy

STARTING POSITION: MOUNTAIN

The pose

Position 1: Prayer pose

The pose

Position 2: Upward salute

Cautions

- High blood pressure, vertigo: For very high blood pressure, raising the arms above the head can cause dizziness. If this is the case, keep the arms low.
- Shoulder problems: Only raise the arms as high as comfortable, or open them up to the sides.

The pose

Modifications

- Keep the arms low

- Don’t arch the back, stay upright.

Position 3: Standing forward bend

Cautions

- Back problems:
  - Only bend as far as comfortable
  - Bend the knees to protect the lower back
  - Consider squatting as an alternative pose
- Osteoporosis: Use the alternative squat pose to avoid flexion of the spine
- High blood pressure:
  - Keep the head above or level with the heart
  - Consider squatting as an alternative pose
- Low blood pressure:
  - Move slowly from the upward salute to the forward bend
  - Consider squatting as an alternative pose
- Vertigo:
  - Move slowly from the upward salute to the forward bend
  - Consider keeping the head above or level with the heart
  - Consider squatting as an alternative pose
- Pregnancy:
  - Avoid pressure in the abdominal area. If needed, bring the feet a little further apart.
  - Consider a gentle squat or coming back to prayer position

The pose

Modifications

- Bend the knees to protect the lower back
- Keep the head up and only bend as far forward as comfortable

Alternative poses

- Squatting with hands in prayer position

- Prayer position

Position 4: Low lunge

Cautions

- Low blood pressure, vertigo: Move slowly as you transition into low lunge
- Knee problems: Place a cushion or blanket under the back knee for padding, if required

The pose

Modifications

- Place a cushion or blanket under the knee for padding
- Turn the toes of the back foot under, push through the heel, and raise the knee off the floor

  Note: This is a stronger pose.

Position 5: Downward dog

Cautions

- High blood pressure: If you experience dizziness, consider the alternative pose of cat, ensuring that the head remains level with the heart (ie. not dropping the head down)
- Low blood pressure, vertigo: Move slowly as you move into downward dog
- Wrist problems: Try one of the alternative poses
- Shoulder problems: Come onto your hands and knees for the cat pose
- Pregnancy: Choose a pose that is comfortable. For later stages of pregnancy, cat is recommended.

The pose

Alternative poses

- Cat, rounding up

- Dolphin

Position 6: Caterpillar

Cautions	Back problems: Consider the alternative poses
The pose	
Alternative poses	▪ Cat, rounding up (retaining position if cat was substituted for downward dog) ▪ Plank ▪ Half plank

Position 7: Cobra

Cautions

- Back problems: Try one of the alternative poses
- Abdominal problems: Come onto hands and knees for the cat pose, and ensure there is no excessive stretching in the abdominal area.
- Pregnancy: Come onto hands and knees for the cat pose, and ensure there is no excessive stretching in the abdominal area.

The pose

Alternative poses

- Cat, arching the back

- Sphinx

Position 8: Downward dog

Cautions

- High blood pressure, vertigo: If you experience dizziness, consider the alternative pose of cat, ensuring that the head remains level with the heart (ie. not dropping the head down)
- Low blood pressure, vertigo: Move slowly as you move into downward dog
- Wrist problems: Try one of the alternative poses
- Shoulder problems: Come onto your hands and knees for the cat pose
- Pregnancy: Do whatever feels comfortable. For later stages, cat is recommended.

The pose

Alternative poses

- Cat, rounding up

- Dolphin

POSITION 9: LOW LUNGE

Cautions

- Knee problems: Place a cushion or blanket under the back knee for padding, if required
- Low blood pressure, vertigo: Move slowly as you move from downward dog to low lunge

The pose

Modifications

- Place a cushion or blanket under the knee for padding
- Turn the toes of the back foot under, push through the heel, and raise the knee off the floor

  Note: This is a stronger pose.

Position 10: Standing forward bend

Cautions

- Back problems:
  - Only bend as far as comfortable
  - Bend the knees to protect the lower back
  - Consider squatting as an alternative pose
- Osteoporosis: Use the alternative squat pose to avoid flexion of the spine
- High blood pressure:
  - Keep the head above or level with the heart
  - Consider squatting as an alternative pose
- Low blood pressure:
  - Move slowly from low lunge into the forward bend
  - Consider squatting as an alternative pose
- Vertigo:
  - Move slowly from low lunge into the forward bend
  - Consider keeping the head above or level with the heart
  - Consider squatting as an alternative pose
- Pregnancy:
  - Avoid pressure in the abdominal area. If needed, bring the feet a little further apart.
  - Consider a gentle squat or coming back to prayer position

The pose

Modifications

- Bend the knees to protect the lower back
- Keep the head up and only bend as far forward as comfortable

Alternative poses

- Squatting with hands in prayer position

- Prayer position

POSITION 11: UPWARD SALUTE

Cautions

- High blood pressure: For very high blood pressure, raising the arms above the head can cause dizziness. If this is the case, keep the arms low.
- Low blood pressure: Move slowly from the forward bend to the upward salute.
- Vertigo:
  - Move slowly from the forward bend to the upward salute.
  - Raising the arms above the head can cause dizziness. If this is the case, keep the arms low.
- Shoulder problems: Only raise the arms as high as comfortable, or open them up to the sides.

The pose

Modifications

- Keep the arms low

- Don't arch the back, stay upright.

Position 12: Prayer pose

The pose

Resting position: *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

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