

Healing Space– sample lesson plan

Item/posture	Cautions/modifications	Benefits	Resources
Sitting – introduce selves		Help to feel more included and relaxed. Assist teacher in making adjustments to individual needs.	Cushions or blocks for support Chairs for those who cannot sit on floor?
Uncross legs – stretch legs, feet and toes		Ease stiffness, prevent cramps, find most comfortable position	Cushions or blocks for support
Sitting or kneeling – shoulder stretches – including garudhasana arms. Neck stretches left and right.	Be careful of neck stretches for those with spinal involvement	Stretch shoulders & neck. Ease tension in muscles. Increase flexibility. Open up chest and ribcage. Increase space for breath.	Cushions or blocks for support
Straighten out legs and circle the feet		Ease stiffness; relieve legs after sitting for a while. Increase circulation in legs. Help prevent cramps, find most comfortable position for sitting.	
Breath awareness	No breath retentions.	Awareness of breath. Slowing the breath down. Focus on lengthening. Calming. Focus and preparation for yoga.	
All fours – CAT	Wrists– may wish to come onto forearms if this comfortable Can be modified in a chair.	Spine stretch. Releases weight of abdomen from the back with the aid of gravity.	Blanket for under the knees.