

# Yoga for the Special Needs Student

Yvonne Werkmann

BA, MA, SOYA, RYT500, IYTA

Box 1811 Didsbury TOM OWO

403-335-9410 [yogi.2@telus.net](mailto:yogi.2@telus.net)



Thank you for participating in Yoga for the Special Needs Student. Please note that these exercises are not appropriate for all students. Medical information and the specific needs of students should guide decisions on which poses to use.

If you would like specific information or have questions regarding the session, please feel free to contact me.

## Poses for Grounding and finding focus

**Easy pose/Sukhasana:**



or cross-legged

Catch the monkey and get the leash on her/him  
5 breath - inhale and exhale deeply with the belly, count 5 breaths  
using the fingers to uncurl fists.

**Child's Pose/pranatasana**



**Flying Eagles/Garudhasana**



If the right leg crosses over, the right arm crosses under. To come out of the pose, inhale as you “fly” away.



**Tree/Vrksasana:**

You can play red light, green light using tree pose!

The foot does not have to come so high up the thigh. It can be below the knee or even the with the toe on the floor.

**Rag doll on the floor/Savasana**



This pose is usually done at the end of a yoga

class, but can be used any time, with some guided imagery or meditation, to bring students down to a state of calm.

**Poses for Postural Strength:**



**Mountain/Tadasana**



**Upward facing boat/Navasana**



**Staff pose/Dhanurasana**



**Triangles/Trikonasana**

See how many triangles you can count.

**Crickets/Salambhasana**



**Supine Twists/Jathara Parivrtasana**



**Seated Twists**



**Cobra/Bhujangasana**



**Poses for Hamstring Flexibility:**

**Standing Forward Bend/Padahustasana**



**Sunwheel**



Sit in a circle and have everyone connect feet, then lean as you exhale, first to the right, then the left.

## Supine Hamstring Stretches



**Games:** **Mouse, snake, candle** - like rock, paper, scissors. The snake eats the mouse, the candle burns the snake, the mouse, blows out the candle (clever mouse)



Students should not come all the way up on to their shoulders in the candle pose like the diagram, but keep lower down on the back with knees bent.

**Crocodile Game:** Have students lay on their bellies in a circle facing inward, with arms crossed and heads resting on the arms. One student will secretly be designated the crocodile. Another student will be designated the jumper. The jumper tries to make her/his way around the circle, stepping over the other students (logs) without waking the crocodile. When the crocodile hears the jumper stepping over, s/he rises up on forearms and snaps.

Resources:

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