

Principles to Consider when Adapting Postures, Positions and Movements

1. **Extend and connect the limbs.** Use straps or other objects to expand the body.
2. **Shorten a weight-bearing expanse.** Create less distance in a load-supporting structure that is between two supports. Add a base or bases for support of weight.
3. **Shrink it.** Use a smaller reach space, reduce the range of motion (RoM) or both.
4. **Allow for, value and choose flexion over extension; allow flexion to underlie extension.** The body finds flexion supportive and extension not. Also, keeping a shadow of the opposite in both can allow for deepening into a posture, position or movement with less or no strain.
5. **Alter the movement pathway.** Change the use of three-dimensional space according to your purpose. Create a different pathway for weight bearing, or posture movements.
6. **Change the spatial orientation.** Perform the posture, position or movement in a different plane.
7. **Use the “hidden dimension”.** Use awareness of the third dimension in two dimensional actions (planar movement) for more support.
8. **Skip something/do something else:** an action or position, and/or a more difficult weight transference or weight shift challenge.
9. **Design for functional purpose.** Dissect posture, position or movement to discern functional purpose, and design alternative practice(s) accordingly.
10. **Consider the midline.** Midline orientation is a baseline for most every yoga practice and movement endeavor, particularly when balance is a factor. Consider dis-orienting! 😊