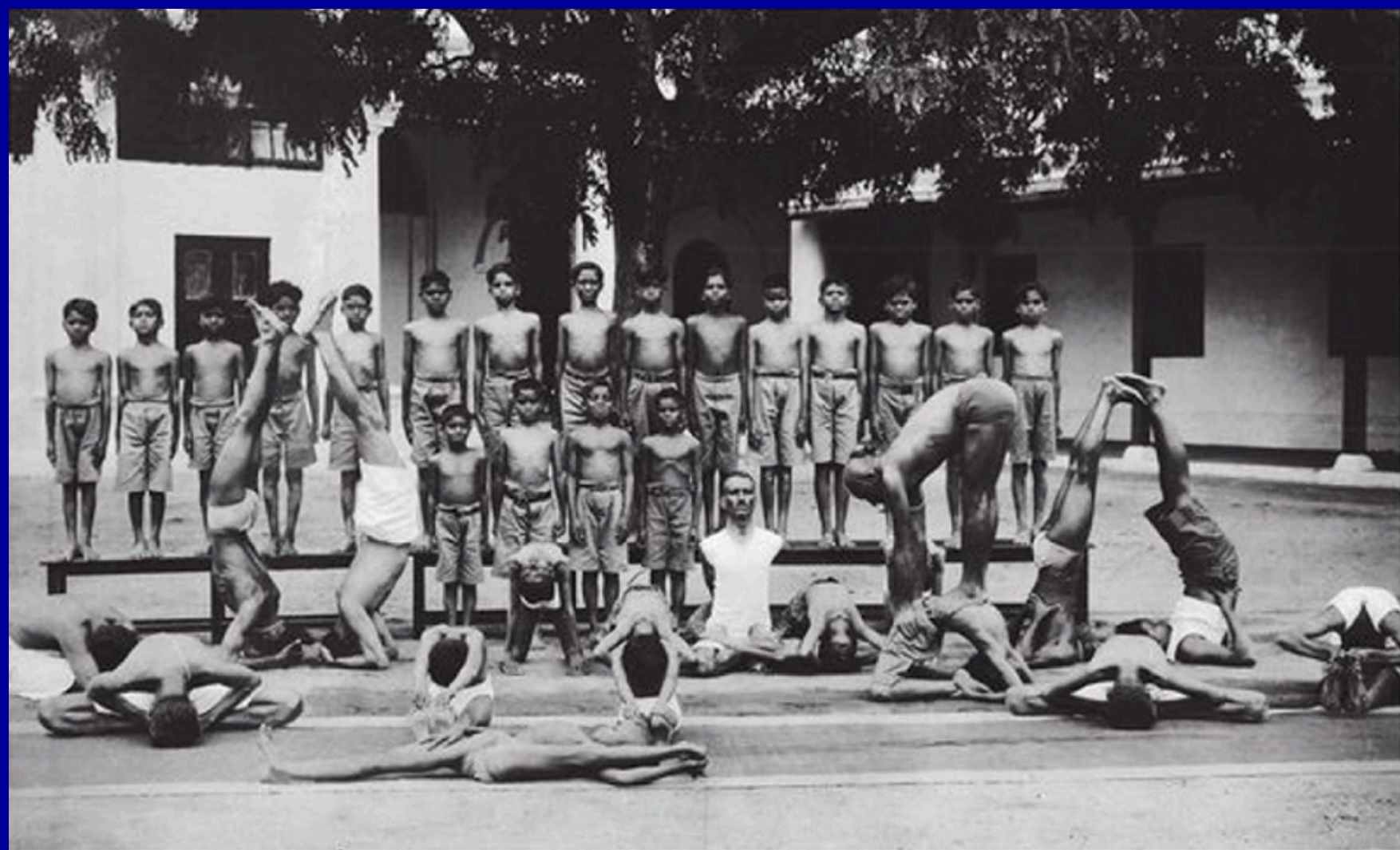


Adaptive Yoga

Diana R. Gallegos, Ph.D., CYT

The Dystroglycanopathies:
2014 Patient and Family Conference
Sheraton Iowa City Hotel
July 19, 2014





BKS Iyengar (95 yrs old) & Pattahbi Jois (1915-2009)

What is Yoga?

- Yoga means to connect or unite our mind, body, and spirit.
- The purpose of yoga is to quiet and still the mind, and this makes us become peaceful and present.
- Yoga can be practiced by people with different religious beliefs, ages, and abilities.
- Yoga helps us feel better.

Eight-Fold Path of Yoga

1. Yama: Social behavior, how you treat others
2. Niyama: Inner discipline and responsibility, how we treat ourselves
3. Asana: Yoga poses/movements
4. Pranayama: Breathing exercises
5. Pratyahara: Sensory withdrawal, focusing on senses inward
6. Dharana: Concentration
7. Dhyana: Meditation
8. Samadhi: Blissful state, feeling one with everything

Some benefits from practicing yoga

- Increased strength, balance and flexibility — both mental and physical
- Rhythm, and enjoying the body
- An enhanced ability to manage stress
- A deepened sense of connection with others
- Decreased back pain
- Overall pain relief
- Improved mood
- Improved sleep and more...

- **For review of some studies please see:**
- Taylor, MJ "Yoga Therapeutics: An ancient practice in a 21st century setting." In C. Davis, Complementary Therapies in Rehabilitation: Evidence for Efficacy in Therapy, Prevention, and Wellness, 3rd ed. New York: Slack, 2009.
- Bussing, A., Michalsen, A., Khalsa, S. S., Telles, S., & Sherman, K. J. (2012). Effects of yoga on mental and physical health: a short summary of reviews. Evidence-based Complimentary and Alternative Medicine, 2012, Article ID 165410, 7 pages

What is Adaptive Yoga?

Yoga poses are adapted for people with physical limitations, to open yoga up to everybody.

Adaptive Yoga has been pioneered by Matthew Sanford, a yoga teacher based in Minnesota.

Matthew Sanford Video

<https://www.youtube.com/watch?v=JpmbzAwL5ws>

What does it mean to connect our mind and our body?

Downward Facing Dog

Traditional Pose



Adapted Pose





Matthew Sanford and Brendon

“It is not because I am depleted, it is because I received.”

Heart openers



Power poses/confidence builders



Resources

Iowa City: DianaGallegos.com at Heartland Yoga

Cedar Rapids: Andrea Franz Parks at Toula Yoga

Mount Vernon: Krista Squiers at Rolling Hills Yoga

Mind Body Solutions: mindbodysolutions.org

Book: Yoga for the Special Child

(Can be found at specialyoga.com)

Acknowledgments

- My yoga students who are truly my teachers
- Brendon and Michele Parker Priddy
- Matthew Sanford, Founder of Mind Body Solutions
- Mind Body Solutions team
- My family

Please feel free to contact me: DianaGallegos.com