

YOGA SEQUENCE FOR AUTISM #1

Beneficial aspects of incorporating yoga into daily practice include visual imitation skills, instilling a "can do" attitude with self-esteem building, practicing listening skills, and increasing body awareness in stillness

MOUNTAIN



MOUNTAIN POSE

– This pose helps with grounding, improving posture and balance, and starting focus on breathing

Stand up straight with feet together. Spread the toes and straighten the legs without locking the knees. Place arms to the sides, inhale and lift arms up to the sky and look up. Hold for 10 deep breaths.

TREE



TREE

– This pose is good for concentration and improving balance, instilling confidence in progression

Stand upright in mountain pose. Keeping yourself as straight as possible, bend the right leg and place the heel of your right foot on your left ankle, with the right toes on the ground (this is to help keep balance). Slowly raise your arms over your head, and gaze forward focusing on an object or spot on the wall that is not moving. This will help you keep your balance! If raising your arms is not an option, leave your arms at your side, or bring your hands to touch in front of your chest. Hold this pose for three breaths before switching to the left leg. If you fall out, come back and try again! As strength and balance is gained, begin working the foot up the standing leg, avoiding the knee.

CAT



CAT & COW

– This pose massages the spine and internal organs while stretching the spine and controlled breathing

Start by kneeling on the floor on your hands and knees. Keep the hands right below the shoulders and the knees below the hips. Begin with exhaling, arch your back towards the ceiling like a cat. Look down to your bellybutton and meow (or hiss). While inhaling, let your belly fall towards the floor like a cow. Look up and moo.

COW



SUPERHERO



SUPERHERO

- This pose can help improve posture, stimulate abdominal organs and help to relieve stress

Lie down on your stomach with your arms stretched overhead and your legs straight behind you. Inhale and lift both your arms and legs off the ground, like you are flying like a superhero. Then, exhale and lower your limbs. Repeat this pose for 4-5 full breaths.

CHILD POSE



CHILD'S POSE

Kneel and sit on feet with the knees separated to a V shape (increasing comfort for the stomach). Place the forehead on the ground in front of the knees, curving the spine. Arms can extend forward or be placed back beside the body with hips down. Relax and breathe deeply for at least 10 breaths.

HERO POSE



HERO

Sit upright on the heels in a kneeling position with hips down. Hands can either be placed on the knees for resting or bring your hands to touch in front of your chest. Hold posture for 10 deep candle breath focusing on breathing in through nose and out through the mouth. Have the child envision a bakery with cakes, breath in to smell the cakes and breath out to blow out the birthday candles. I like to call this "bakery breathing!"