


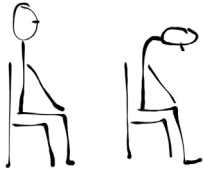

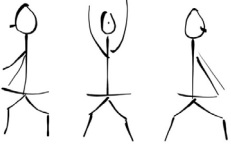



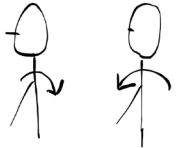

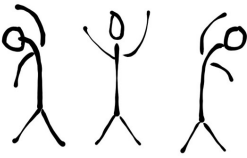

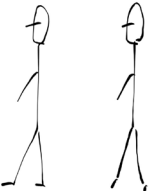







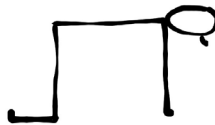
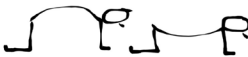
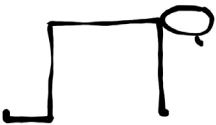
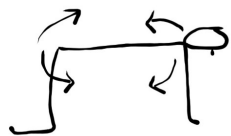

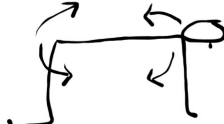
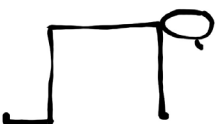


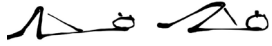

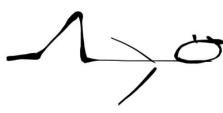


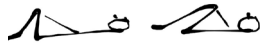
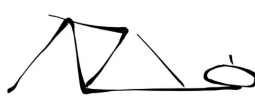


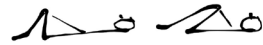

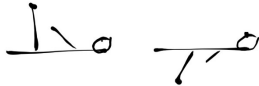
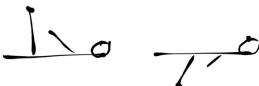



HAND OUT 12.1: ONE-TO-ONE YOGA SESSION IN THE ACUTE SETTING

Follow the sequence from left to right of each row. Start from a seated position.



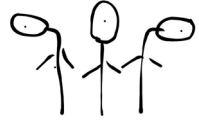
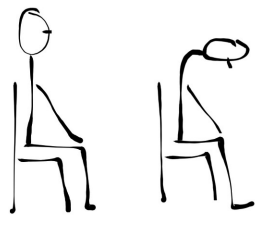
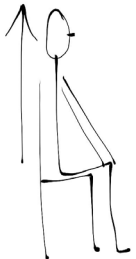
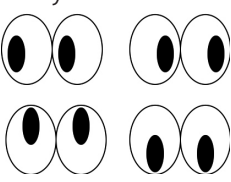
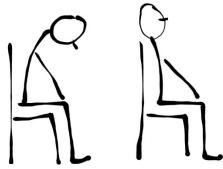


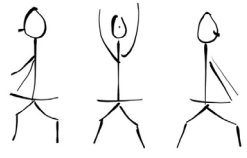

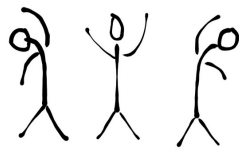







Seated postures	<p>Center breath work (mantra)</p> 	<p>Alternate Nostril Breathing (Nadi Shodhana Pranayama) (mantra)</p> 	<p>Lateral neck flexion to each side</p> 
<p>Neck flexion</p> 	<p>Axial Extension (Rekha)</p> 	<p>Spinal Twist (Jathara Parivartanasana), left and right</p> 	<p>Seated Forward Fold (Upavistha Konasana)</p> 
<p>Breath of Fire/ Skull Shining Breath (Kapalabhati Pranayama)</p> 	Standing postures	<p>Mountain pose (Tadasana)</p> 	<p>Shoulder rolls, forward and backward</p> 
<p>Mountain pose (Tadasana)</p> 	<p>Lateral side flexion to each side</p> 	<p>Mountain pose (Tadasana)</p> 	<p>Toe/ball of foot lifts, little lifts/bounces</p> 
<p>Leg extension, left leg back</p> 	<p>Warrior I (Virabhadrasana I), left leg back</p> 	<p>Mountain pose (Tadasana)</p> 	<p>Downward Facing Dog (Adho Mukha Svanasana) at the wall</p> 


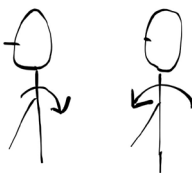








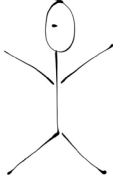





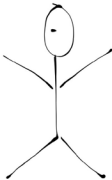
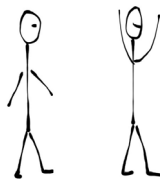

<p>Leg extension, right leg back</p> 	<p>Warrior I (Virabhadrasana I), right leg back</p> 	<p>Mountain pose (Tadasana) (mantra)</p> 	<p>Prone floor postures</p>
<p>Quadruped or Table Top (Goasana)</p> 	<p>Cat Cow (Chakravakasana)</p> 	<p>Quadruped or Table Top (Goasana)</p> 	<p>Look over or c-curve to left</p> 
<p>Quadruped or Table Top (Goasana)</p> 	<p>Look over or c-curve to right</p> 	<p>Quadruped or Table Top (Goasana)</p> 	<p>Child's pose (Balasana)</p> 
<p>Roll to supine with assist</p> 	<p>Supine floor postures</p>	<p>Knees to Chest (Apanasana)</p> 	<p>Bridge pose (Setu Bandha Sarvangasana)</p> 
<p>Supine on floor, knees bent, resting pose</p> 	<p>Figure 4 or Pigeon (Eka Pada Rajakapotasana), left leg</p> 	<p>Ankle/foot movements, left leg</p> 	<p>Knees to Chest (Apanasana)</p> 
<p>Figure 4 or Pigeon (Eka Pada Rajakapotasana), right leg</p> 	<p>Ankle/foot movements, right leg</p> 	<p>Bridge pose (Setu Bandha Sarvangasana)</p> 	<p>Knees to Chest (Apanasana) or simply hug the knees</p> 

<p>Supine on floor, knees bent, resting pose</p> 	<p>Big Toe pose (Padangusthasana) and left leg into abduction</p> 	<p>Big Toe pose (Padangusthasana) and right leg into abduction</p> 	<p>Corpse pose (Savasana) (mantra)</p> 
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HAND OUT 12.2: GROUP YOGA SESSION IN THE ACUTE SETTING




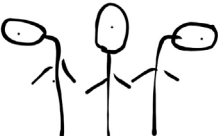


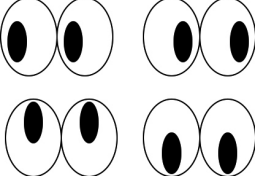


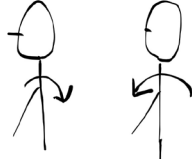





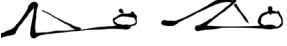

Follow the sequence from left to right of each row. Start from a seated position.



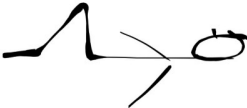
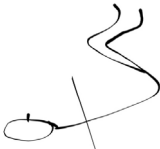
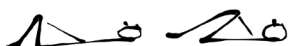





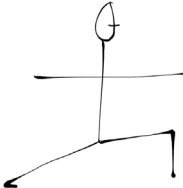





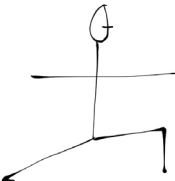

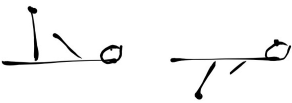
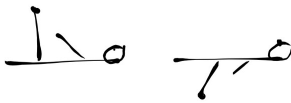
Seated postures	<p>Center breath work (mantra)</p> 	<p>Alternate Nostril Breathing (Nadi Shodhana Pranayama) (mantra)</p> 	<p>Lateral neck flexion to each side</p> 
<p>Neck flexion</p> 	<p>Axial Extension (Rekha)</p> 	<p>Eye exercises</p> 	<p>Cat Cow (Chakravakasana)</p> 
<p>Seated Forward Fold (Upavistha Konasana)</p> 	<p>Lion's pose (Simhasana)</p> 	<p>Spinal Twist (Jathara Parivartanasana) left and right</p> 	<p>Seated Forward Fold (Upavistha Konasana)</p> 
<p>Lateral side flexion left and right</p> 	<p>Seated Forward Fold (Upavistha Konasana)</p> 	<p>Figure 4 or Pigeon (Eka Pada Rajakapotasana), left leg</p> 	<p>Ankle/foot movements, left leg</p> 
<p>Seated Forward Fold (Upavistha Konasana)</p> 	<p>Figure 4 or Pigeon (Eka Pada Rajakapotasana), right leg</p> 	<p>Ankle/foot movements, right leg</p> 	<p>Seated Forward Fold (Upavistha Konasana)</p> 

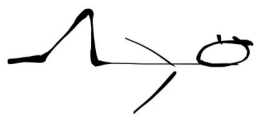


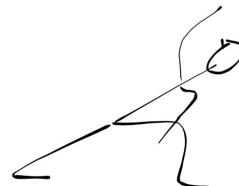

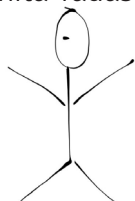










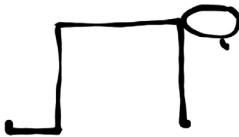
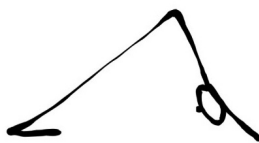
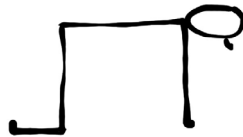
Standing postures	Mountain pose (Tadasana)	Shoulder rolls, forward and backward	Shoulders to ears
			
	Shoulders down the back	Mountain pose (Tadasana)	Leg extension, left leg back
			
Warrior I (Virabhadrasana I), left leg back, mantra	Mountain pose (Tadasana)	Shooting Star (Eka Pada Utthita Tadasana), left leg out	Mountain pose (Tadasana)
			
Five Pointed Star (Utthita Tadasana)	Leg extension, right leg back	Crescent Lunge pose (Anjeneyasana), right leg back	Warrior I (Virabhadrasana I), right leg back
			
Mountain pose (Tadasana)	Shooting Star (Eka Pada Utthita Tadasana), right leg out	Five Pointed Star (Utthita Tadasana)	Mountain pose (Tadasana)
			
Seated postures	Seated Corpse pose (Savasana) (mantra)		
			





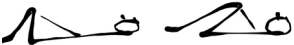



HAND OUT 12.3: ONE-TO-ONE YOGA SESSION IN A SETTING FOR CLIENTS WITH CHRONIC STROKE

Follow the sequence from left to right of each row. Start from a seated position.

<p>Seated</p>	<p>Center breath work (mantra)</p> 	<p>Alternate Nostril Breathing (Nadi Shodhana Pranayama) (mantra)</p> 	<p>Mudras</p> 
<p>Lateral neck flexion to each side</p> 	<p>Neck flexion</p> 	<p>Axial Extension (Rekha)</p> 	<p>Eye exercises</p> 
<p>Seated Forward Fold (Upavistha Konasana)</p> 	<p>Standing postures</p>	<p>Mountain pose (Tadasana)</p> 	<p>Shoulder rolls, forward and backward</p> 
<p>Mountain pose (Tadasana)</p> 	<p>Supine floor postures</p>	<p>Bridge pose (Setu Bandha Sarvangasana)</p> 	<p>Supine on floor, knees bent, resting pose</p> 
<p>Figure 4 or Pigeon (Eka Pada Rajakapotasana), left leg</p> 	<p>Ankle/foot movements, left leg</p> 	<p>Knees to Chest (Apanasana)</p> 	<p>Figure 4 or Pigeon (Eka Pada Rajakapotasana), right leg</p> 


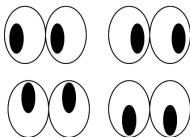
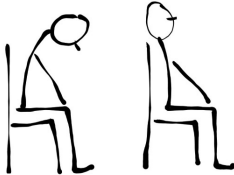
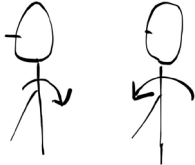



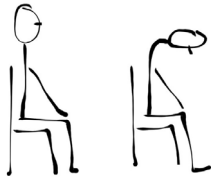
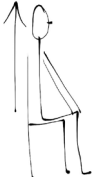
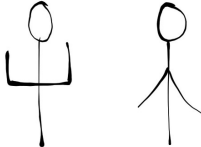
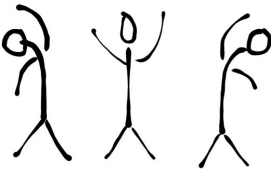
<p>Ankle/foot movements, right leg</p> 	<p>Bridge pose (Setu Bandha Sarvangasana)</p> 	<p>Supine on floor, knees bent, resting pose</p> 	<p>Spinal Twist (Jathara Parivartanasana), knees bent, left, right</p> 
<p>Knees to Chest (Apanasana) or simply hug the knees</p> 	<p>Breath of Fire/ Skull Shining Breath (Kapalabhati Pranayama)</p> 	<p>Lateral side flexion to each side</p> 	<p>Mountain pose (Tadasana)</p> 
<p>Leg extension, left leg back</p> 	<p>Warrior I (Virabhadrasana I), left leg back</p> 	<p>Warrior II (Virabhadrasana II), left leg back</p> 	<p>Extended Side Angle (Utthita Parsvakonasana), left leg back</p> 
<p>Mountain pose (Tadasana)</p> 	<p>Chair pose (Utkatasana)</p> 	<p>Mountain pose (Tadasana)</p> 	<p>Leg extension, right leg back</p> 
<p>Warrior I (Virabhadrasana I), right leg back</p> 	<p>Warrior II (Virabhadrasana II), right leg back</p> 	<p>Big Toe pose (Padangusthasana), abduction, left</p> 	<p>Big Toe pose (Padangusthasana), abduction, right</p> 







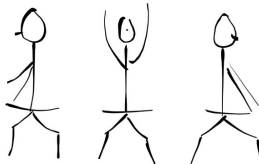


<p>Supine on floor, knees bent, resting pose</p> 	<p>Happy Baby pose (Ananda Balasana)</p> 	<p>Corpse pose (Savasana) (mantra)</p> 	<p>Extended Side Angle (Utthita Parsvakonasana), right leg back</p> 
<p>Mountain pose (Tadasana)</p> 	<p>Five Pointed Star (Utthita Tadasana)</p> 	<p>Shooting Star (Eka Pada Utthita Tadasana), left leg out</p> 	<p>Shooting Star (Eka Pada Utthita Tadasana), right leg out</p> 
<p>Mountain pose (Tadasana)</p> 	<p>Chair pose (Utkatasana) (mantra)</p> 	<p>Mountain pose (Tadasana)</p> 	<p>Tree pose (Vrksasana), right foot up</p> 
<p>Mountain pose (Tadasana)</p> 	<p>Tree pose (Vrksasana), left foot up</p> 	<p>Prone floor postures</p>	<p>Quadruped or Table Top (Goasana)</p> 
<p>Cat Cow (Chakravakasana)</p> 	<p>Quadruped or Table Top (Goasana)</p> 	<p>Downward Facing Dog (Adho Mukha Svanasana)</p> 	<p>Quadruped or Table Top (Goasana)</p> 

<p>Child's pose (Balasana)</p> 	<p>Locust pose (Salabhasana)</p> 	<p>Cobra (Bhujangasana) or Sphinx pose</p> 	<p>Child's pose (Balasana)</p> 
<p>Supine floor postures</p>	<p>Knees to Chest (Apanasana)</p> 	<p>Cactus arms and head turns</p> 	<p>Bridge pose (Setu Bandha Sarvangasana)</p> 
<p>Hip tilts</p> 			

HAND OUT 12.4: GROUP YOGA SESSION IN CHRONIC STROKE: BEGINNING



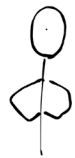
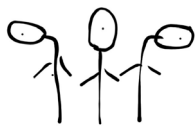
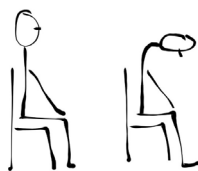
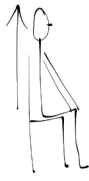
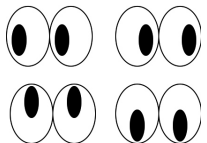



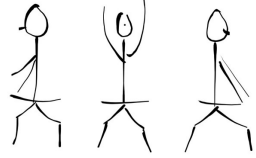



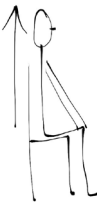



Follow the sequence from left to right of each row. Start from a seated position.


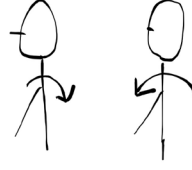



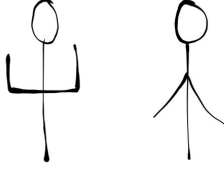
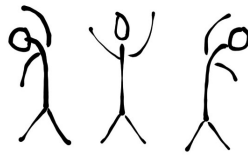









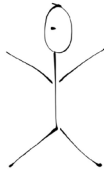







<p>Seated postures</p>	<p>Center breath work (mantra)</p> 
<p>Eye exercises</p> 	<p>Cat Cow (Chakravakasana)</p> 
<p>Shoulder rolls, forward and back</p> 	<p>Shoulders to ears</p> 
<p>Shoulders down the back</p> 	<p>Lateral neck flexion, left and right</p> 
<p>Neck flexion</p> 	<p>Axial Extension (Rekha)</p> 
<p>Cactus arms x 2</p> 	<p>Lateral side flexion, left and right</p> 


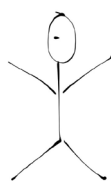
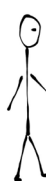

<p>Eagle (Garudasana)—arms only</p> 	<p>Seated Forward Fold (Upavistha Konasana)</p> 
<p>Figure 4 or Pigeon (Eka Pada Rajakapotasana), left leg</p> 	<p>Ankle/foot movements, left foot</p> 
<p>Figure 4 or Pigeon (Eka Pada Rajakapotasana), right leg</p> 	<p>Ankle/foot movements, right foot</p> 
<p>Spinal Twist (Jathara Parivartanasana), left and right</p> 	<p>Seated Forward Fold (Upavistha Konasana)</p> 
<p>Seated Corpse pose (Savasana) (mantra)</p> 	

HAND OUT 12.5: GROUP YOGA SESSION IN CHRONIC STROKE: INTERMEDIATE

Follow the sequence from left to right of each row. Start from a seated position.



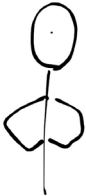

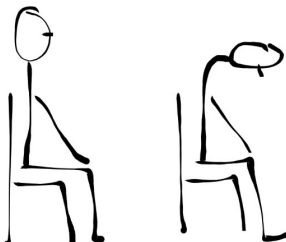
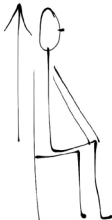
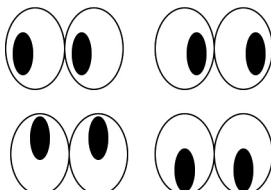
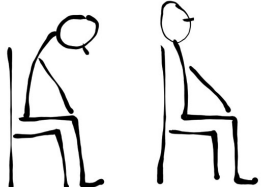


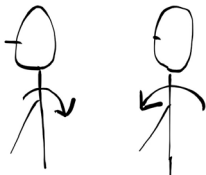

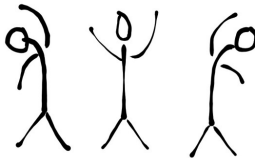

Seated postures	Center breath work (mantra)	Alternate Nostril Breathing (Nadi Shodhana Pranayama) (mantra)	Mudras
			
	Lateral neck flexion to each side	Neck flexion	Axial Extension (Rekha)
			
	Eye exercises		
Cat Cow (Chakravakasana)	Seated Forward Fold (Upavistha Konasana)	Lion's pose (Simhasana)	Spinal Twist (Jathara Parivartanasana), left and right
			
Seated Forward Fold (Upavistha Konasana)	Figure 4 or Pigeon (Eka Pada Rajakapotasana), left leg	Ankle/foot movements, left foot	Axial Extension (Rekha)
			
Figure 4 or Pigeon (Eka Pada Rajakapotasana), right leg	Ankle/foot movements, right foot	Seated Forward Fold (Upavistha Konasana)	Standing postures
			















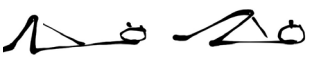
Mountain pose (Tadasana) 	Shoulder rolls, forward and back 	Shoulders to ears 	Shoulders down the back 
Mountain pose (Tadasana) 	Cactus arms x 2 	Lateral flexion, left and right 	Mountain pose (Tadasana) 
Leg extension, left leg back 	Crescent lunge (Anjeneyasana), left leg back 	Warrior I (Virabhadrasana I), left leg back (mantra) 	Mountain pose (Tadasana) 
Chair pose (Utkatasana) 	Mountain pose (Tadasana) 	Shooting Star (Eka Pada Utthita Tadasana), left leg out 	Mountain pose (Tadasana) 
Five Pointed Star (Utthita Tadasana) 	Mountain pose (Tadasana) 	Leg extension, right leg back 	Crescent lunge (Anjeneyasana), right leg back 
Warrior I (Virabhadrasana I), right leg back (mantra) 	Mountain pose (Tadasana) 	Chair pose (Utkatasana) 	Mountain pose (Tadasana) 



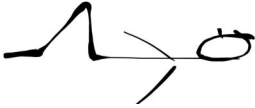


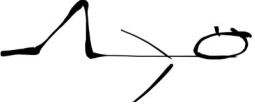



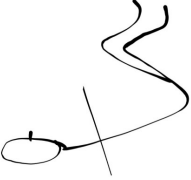
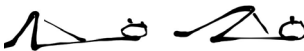
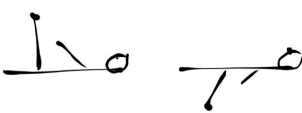

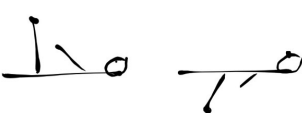

<p>Shooting Star (Eka Pada Utthita Tadasana), right leg out</p> 	<p>Five Pointed Star (Utthita Tadasana)</p> 	<p>Mountain pose (Tadasana)</p> 	<p>Seated postures</p>
<p>Seated Corpse pose (Savasana) (mantra)</p> 			

HAND OUT 12.6: GROUP YOGA SESSION IN CHRONIC STROKE: ADVANCED



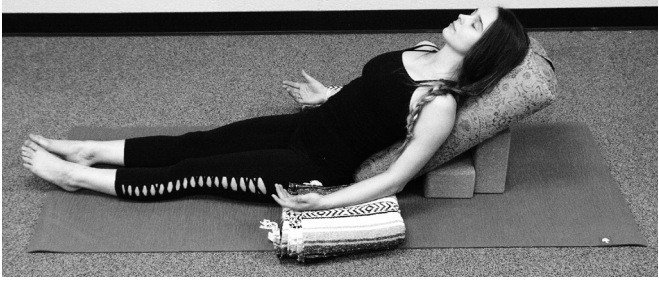



Follow the sequence from left to right of each row. Start from a seated position.

Seated postures	<p>Center breath work (mantra)</p> 	<p>Alternate Nostril Breathing (Nadi Shodhana Pranayama) (mantra)</p> 	<p>Mudras</p> 
<p>Lateral neck flexion to each side</p> 	<p>Neck flexion</p> 	<p>Axial Extension (Rekha)</p> 	<p>Eye exercise</p> 
<p>Cat Cow (Chakravakasana)</p> 	<p>Seated Forward Fold (Upavistha Konasana)</p> 	Standing postures	<p>Mountain pose (Tadasana)</p> 
<p>Shoulder rolls, forward and backward</p> 	<p>Mountain pose (Tadasana)</p> 	<p>Lateral side flexion to each side</p> 	<p>Mountain pose (Tadasana)</p> 

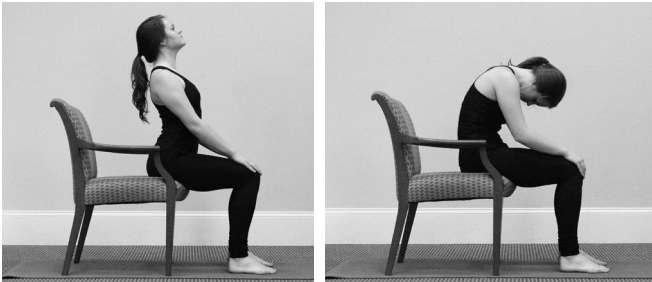





<p>Lion's pose (Simhasana)</p> 	<p>Mountain pose (Tadasana)</p> 	<p>Leg extension, left leg back</p> 	<p>Warrior I (Virabhadrasana I), left leg back</p> 
<p>Mountain pose (Tadasana)</p> 	<p>Warrior I (Virabhadrasana I), right leg back</p> 	<p>Mountain pose (Tadasana)</p> 	<p>Shooting Star (Eka Pada Utthita Tadasana), left leg out</p> 
<p>Mountain pose (Tadasana)</p> 	<p>Chair pose (Utkatasana) (mantra)</p> 	<p>Mountain pose (Tadasana)</p> 	<p>Tree pose (Vrksasana), right foot up</p> 
<p>Mountain pose (Tadasana)</p> 	<p>Tree pose (Vrksasana), left foot up</p> 	<p>Supine floor postures</p>	<p>Knees to Chest (Apanasana)</p> 

<p>Bridge pose (Setu Bandha Sarvangasana)</p> 	<p>Hip tilts</p> 	<p>Supine on floor, knees bent, resting pose</p> 	<p>Figure 4 or Pigeon (Eka Pada Rajakapotasana), left leg</p> 
<p>Ankle/foot movements, left foot</p> 	<p>Supine on floor, knees bent, resting pose</p> 	<p>Figure 4 or Pigeon (Eka Pada Rajakapotasana), right leg</p> 	<p>Ankle/foot movements, right foot</p> 
<p>Supine on floor, knees bent, resting pose</p> 	<p>Spinal Twist (Jathara Parivartanasana), both sides</p> 	<p>Knees to Chest (Apanasana)</p> 	<p>Big Toe pose (Padangusthasana), abduction, left leg</p> 
<p>Supine on floor, knees bent, resting pose</p> 	<p>Big Toe pose (Padangusthasana), abduction, right leg</p> 	<p>Corpse pose (Savasana) (mantra)</p> 	

HAND OUT 12.7: RESTORATIVE PRACTICE 1

<p>Alternate Nostril Breathing (Nadi Shodhana Pranayama) (3 minutes)</p>	
<p>Basic Relaxation pose (10 minutes)</p>	
<p>Queen's pose (Salamba Baddha Konasana) (15 minutes)</p>	
<p>Side Lying "Spooning" pose (10 minutes—5 minutes on each side)</p>	
<p>Supported Bound Angle pose (15 minutes)</p>	
<p>Corpse pose (Savasana) (7 minutes)</p>	

HAND OUT 12.8: RESTORATIVE PRACTICE 2

<p>Upright Seated Cat (Marjariasana) and Cow (Bitilasana)—Cat Cow (Chakravakasana) (5 rotations over 2 minutes)</p>	
<p>Supported Wide-Angle Seated Forward Fold (Upavistha Konasana) (10 minutes)</p>	
<p>Reclining Twist with a Bolster (10 minutes—5 minutes on each side)</p>	
<p>Restorative Child's pose (Restorative Balasana) on bolsters (10 minutes)</p>	
<p>Seated Angle pose (5 minutes) Bee Breath (Bhramari Pranayama) (5 minutes) in Seated Angle pose</p>	
<p>Corpse pose (Savasana) (8 minutes)</p>	

HAND OUT 13.1: ATTENDANCE FORM TO TRACK YOGA SESSIONS

Name:				
Session	Date	Attend?	Fully participate?	Follow up, reason for not attending
1		Yes / No	Yes / No / Medium	
2		Yes / No	Yes / No / Medium	
3		Yes / No	Yes / No / Medium	
4		Yes / No	Yes / No / Medium	
5		Yes / No	Yes / No / Medium	
6		Yes / No	Yes / No / Medium	
7		Yes / No	Yes / No / Medium	
8		Yes / No	Yes / No / Medium	
9		Yes / No	Yes / No / Medium	
10		Yes / No	Yes / No / Medium	
11		Yes / No	Yes / No / Medium	
12		Yes / No	Yes / No / Medium	
13		Yes / No	Yes / No / Medium	
14		Yes / No	Yes / No / Medium	
15		Yes / No	Yes / No / Medium	
16		Yes / No	Yes / No / Medium	

HAND OUT 13.2: FIDELITY CHECKLIST FORM

Aspect of intervention	Completed?	Other comments or things to remember?
Physical postures	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Some	
Connected breath to movement	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Some	
Relaxation/meditation	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Some	
Affirmations	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Some	
Planned physical components (i.e. chair, standing, floor)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Some	
Vitals assessed (may include blood pressure or heart rate as necessary or appropriate)	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Some	
Other	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Some	

HAND OUT 13.3: QUICK REFERENCE GUIDE TO POSES, BREATH WORK, AND THE BENEFITS OF EACH

Selected pranayama and yoga poses	Sanskrit name	Perceived benefits
Pranayama or breathing practices		
Alternate Nostril Breathing	Nadi Shodhana Pranayama	<ul style="list-style-type: none"> • Stimulates and harmonizes both sides of the hemispheres of the brain, which is important after damage to the brain • Activates the parasympathetic nervous system • Decreases blood pressure • Improves attention and fine motor coordination
Bee Breath	Bhramari Pranayama	<ul style="list-style-type: none"> • Calms the mind • Helps to reduce blood pressure • Improves feelings of fatigue
Bellows Breath	Bhastrika Pranayama	<ul style="list-style-type: none"> • Improves circulation (and oxygenates blood) through the entire body • Energizes the body
Breath of Fire/ Skull Shining Breath	Kapalabhati Pranayama	<ul style="list-style-type: none"> • Energizing and invigorating • Improves circulation (and oxygenates blood) through the entire body • Detoxifies and cleanses the body, improves digestion
Coordinate breath with movements Three-Part Breath Slower and extended exhales, pushing the breath out at the bottom of exhale	Dirga Pranayama	<ul style="list-style-type: none"> • Decreases blood pressure • Increases oxygenation throughout the body and strengthens respiratory system • Detoxifies and cleanses the body • Triggers the “relaxation response,” interrupts stress reaction, tips the nervous system into the peripheral nervous system, allows for rest, renewal, and healing • Strengthens low belly muscles
NA	Viloma Pranayama	<ul style="list-style-type: none"> • Helps to reduce anxiety and tension • Can be used to cool the body • May enhance control of breath

Selected pranayama and yoga poses	Sanskrit name	Perceived benefits
Asana or yoga postures		
Big Toe pose, supine on floor, posterior leg stretches, to the ceiling and to the side (abduction)	Padangusthasana	<ul style="list-style-type: none"> • Known to relieve back pain • Stretches hamstrings, hip adductors, and calf muscles • Strengthens knees • Supports proper pelvic position—levelness • May decrease blood pressure
Boat pose	Navasana	<ul style="list-style-type: none"> • Improves balance • Improves digestion • Decreases stress • Improves confidence
Bridge pose	Setu Bandha Sarvangasana	<ul style="list-style-type: none"> • Stretches muscles and connective tissue in the front of the body • Strengthens the muscles in the posterior body • Improves alignment in the hips/knees/ankles/feet • Strengthens the arches of the feet, improving balance • Calming and reduces stress • Improves digestion
Cat Cow	Cat: Marjariasana Cow: Bitilasana Cat Cow: Chakravakasana	<ul style="list-style-type: none"> • Awakens the spine • Energizes, due to the back extension • Improves sitting and standing posture • Enhances coordination • Stretches and strengthens the front and back of the body
Chair pose	Utkatasana	<ul style="list-style-type: none"> • Enhances balance • Strengthens the leg muscles • Stretches the muscles of the chest and shoulders • Stimulates the heart and diaphragm
Child's pose	Balasana	<ul style="list-style-type: none"> • Passive stretch to the back of the body and a stretch to the hips, thighs, and ankles • Reduces stress • Reduces fatigue
Cobra pose	Bhujangasana	<ul style="list-style-type: none"> • Strengthens and stretches the arm, shoulder, and upper back muscles • Improves lower back flexibility and stiffness • Energizes, due to the back bend • Improves the mood

Selected pranayama and yoga poses	Sanskrit name	Perceived benefits
Asana or yoga postures		
Corpse pose or “Constructive Rest Pose” (knees bent and bound together, feet flat on floor)	Savasana	<ul style="list-style-type: none"> • Most safe and relaxed position for Corpse pose (Savasana) (versus sitting in a chair) • Can utilize an eye pillow • Lumbar spine opens with the knees bent • Ideal position for deep, guided relaxation • Relaxes the body • Allows time for the mind and the body to integrate the practice • Lowers blood pressure
Crescent Lunge pose	Anjeneyasana	<ul style="list-style-type: none"> • Stretches the hip flexors (psoas), which are very tight secondary to the amount of sitting that is common after stroke, which may be related to improved gait and endurance • Increases hip extension, calf flexibility, and ankle dorsiflexion: all known to reduce falls • Opens the hips • Stretches the muscles and connective tissue of the anterior body, which shorten with prolonged sitting • Strengthens the muscles in the posterior/back of the body, which get weak and overstretched from prolonged sitting • Increases confidence and self-esteem
Downward Facing Dog	Adho Mukha Svanasana	<ul style="list-style-type: none"> • Calming and energizing • Proprioceptive feedback to all limbs • Strengthens and stretches the muscles in the front and the back of the body • Improves confidence • May be done at the wall for acute stroke or if the client is not ready for the full posture
Easy pose	Sukhasana	<ul style="list-style-type: none"> • Hip opener • Improves posture • Strengthens the back muscles • Stretches the muscles of the hips, knees, and ankles • Decreases stress and anxiety
Extended Side Angle pose	Utthita Parsvakonasana	<ul style="list-style-type: none"> • Deep stretch to the groin muscles and the hamstrings • Improves balance • Strengthens the lower extremity muscles • Stretches the intercostal muscles and the abdominal muscles • Increases stamina and energy

Selected pranayama and yoga poses	Sanskrit name	Perceived benefits
Asana or yoga postures		
Eye activity, holding the eyes steady on a particular point, the drishti (focal point)	NA	<ul style="list-style-type: none"> Steady eyes = steady mind; the mind and the thoughts may be stilled as the eyes hold steady Increases balance, reduces falls
Eye movements to the left and the right, up and down, and in figure 8	NA	<ul style="list-style-type: none"> Crosses the midline Promotes the repair of brain tissue and development of alternate pathways (think neuroplasticity) Enhances communication between the two hemispheres of the brain Improves coordination
Figure 4 or Pigeon with ankle/foot/toes range of motion, in sitting or supine	Eka Pada Rajakapotasana	<ul style="list-style-type: none"> Strengthens and stretches all the leg, thigh, and hip muscles Reduces falls and improves balance by increasing strength, flexibility, and coordination “Educates” and awakens feet, potentially improving sensory impairment Stretches the hip and glute muscles, including the piriformis muscle Releases pressure in the low back
Five Pointed Star pose or Shooting Star pose	Utthita Tadasana or Eka Pada Utthita Tadasana	<ul style="list-style-type: none"> Improves balance Improves strength in the lower extremities Five Pointed Star (Utthita Tadasana) is grounding and energizing Shooting Star (Eka Pada Utthita Tadasana) is energizing
Forward Fold (while seated in chair or on floor)	Upavistha Konasana	<ul style="list-style-type: none"> Soothes the lumbar spine by stretching, lengthening, and increasing circulation Stretches and relaxes the hips and buttocks Strengthens the thighs Massages the digestive organs Strengthens breathing by providing pressure/obstruction Pressure on the diaphragm, which may decrease blood pressure
Goddess pose (or Fierce Angle pose)	Utkata Konasana	<ul style="list-style-type: none"> Strengthens and stretches the muscles of the lower extremities Stimulates and strengthens the muscles of the pelvic floor Hip opener

Selected pranayama and yoga poses	Sanskrit name	Perceived benefits
Asana or yoga postures		
Hand to opposite knee, slight rotation/twist	NA	<ul style="list-style-type: none"> • Strengthens the thigh muscles • Crosses the midline • Improves coordination • Stimulates brain hemispheric communication through bilateral stimulation and crossing the midline • Neutralizer for previous challenging work of the hips, knees, and feet before coming to standing
Happy Baby or Dead Bug pose	Ananda Balasana	<ul style="list-style-type: none"> • Hip opener • Stretches the groin and inner thigh muscles • Releases the low back and decreases back pain • Quiets the mind • Decreases stress
Head, neck movements; flexion, Axial Extension (Rekha), later flexion	Axial Extension: Rekha	<ul style="list-style-type: none"> • Relaxes head, shoulder, and neck tension • Increases circulation • Opens the sinuses and inner ears • Reduces the risk of respiratory and ear infections • Stimulates brain tissue by increasing cerebral spinal fluid movement • Enhances communication between the two hemispheres of the brain • Centers and hydrates the cervical disks • Counteracts effects of slumping, reduces headaches and other problems caused by a “head forward” position
Knees to Chest pose	Apanasana	<ul style="list-style-type: none"> • Stabilizes while stretching the muscles of the pelvis and the low back • Reduces low back pain • Decreases blood pressure • Decreases anxiety
Lion’s pose	Simhasana	<ul style="list-style-type: none"> • Relieves tension and stress • Stretches and strengthens the face muscles, which are often impacted after stroke and linked to dysarthria • Energizing and awaking • Eases the mind
Locust pose, modified in standing, hip extensions, pelvis remains unmoved or on the floor in prone	Salabhasana	<ul style="list-style-type: none"> • Increases posterior muscle strength • Stretches the hip flexors, which are likely to shorten with prolonged sitting after stroke • Increases inferior bone density • Improves balance, grace, and confidence

Selected pranayama and yoga poses	Sanskrit name	Perceived benefits
Asana or yoga postures		
Mountain pose	Tadasana	<ul style="list-style-type: none"> • Improves posture and balance • Strengthens lower extremity muscles • Steadies breathing and increases awareness
Plank	Kumbhakasana	<ul style="list-style-type: none"> • Strengthens the muscles around the spine • Strengthens the arm, chest, and back muscles
Scapular, shoulder range of motion and arm movements	NA	<ul style="list-style-type: none"> • Releases shoulder and neck tension • Increases circulation to the entire upper body, reduces upper back pain and tightness • Counteracts the effects of slumping • Reduces headaches caused by shoulder tension • Stretches, strengthens, and relaxes arms, wrists, hands, shoulders, back, and chest
Sphinx pose	Salamba Bhujangasana	<ul style="list-style-type: none"> • Strengthens and stretches the muscles of the front of the body • Strengthens the spinal muscles • Energizes, due to the back bend • Improves the mood • Improves fatigue
Spinal movements: extension, flexion, lateral flexion	NA	<ul style="list-style-type: none"> • Releases strain and tension • Increases strength and flexibility in the back muscles, stretches the lower back • Centers and hydrates the intervertebral disks • Increases cerebrospinal fluid movement/ circulation • Stimulates and tones the nervous system • Soothes and nourishes the “stress responders,” our adrenal glands and the entire endocrine system • Helps encourage the release of bottled-up emotions • Improves circulation to the abdominal organs, cleansing, stimulating, toning and massaging, improving digestion and elimination and general functioning • Tones the pelvic muscles for a centered, level, supportive pelvis
Spinal Twist	Jathara Parivartanasana	<ul style="list-style-type: none"> • Releases pressure in the low back • Improves digestion • Quiets the mind
Standing Forward Fold	Uttanasana	<ul style="list-style-type: none"> • Improves balance • Stretches the muscles in the back of the body • Strengthens the thighs and the knees

Selected pranayama and yoga poses	Sanskrit name	Perceived benefits
Asana or yoga postures		
Table Top or quadruped	Goasana	<ul style="list-style-type: none"> • Strengthens and aligns the spine • Is considered therapeutic and is commonly used in therapy • Helps with asymmetry, which is common after stroke • Gives proprioceptive feedback into the limb that has hemiparesis • Is grounding to the client
Toe/ball of foot lifts with small knee bends with the feet flat on the floor	NA	<ul style="list-style-type: none"> • “Awakens” the lower extremities, potentially bringing awareness to the feet and ankles • Places some “demand” on the muscles to strengthen them • Improves leg/foot/ankle alignment • Increases bone density • Improves balance
Transferring to and from the floor	NA	<ul style="list-style-type: none"> • Improves the ability to get up and down from the floor safely • Increases confidence in the ability to get up if/when there is a fall • Improves confidence to go to the floor by choice, for activities such as yoga, playing with children, gardening
Tree pose	Vrksasana	<ul style="list-style-type: none"> • Improves and challenges balance • Stretches and strengthens the lower extremity muscles • Strengthens the ankles
Upward Facing Dog	Urdha Mukha Svanasana	<ul style="list-style-type: none"> • Improves postures • Strengthens and stretches the muscles of the front of the body • Strengthens the spinal muscles • Opens the chest, sternum, and muscles that surround the rib cage • Energizes, due to the back bend • Improves the mood • Improves fatigue

Selected pranayama and yoga poses	Sanskrit name	Perceived benefits
Asana or yoga postures		
Warrior I	Virabhadrasana I	<ul style="list-style-type: none"> • Stretches the hip flexors (psoas), which are very tight secondary to the amount of sitting that is common after stroke; may be related to improved gait and endurance; increases hip extension, calf flexibility, and ankle dorsiflexion: all known to reduce falls • Opens the hips • Stretches the muscles and connective tissue of the anterior body, which shorten with prolonged sitting • Strengthens the muscles in the posterior/back of the body, which get weak and overstretched from prolonged sitting • Increases confidence and self-esteem • Improves focus and balance • Improves circulation • When the arms are up (and not using the chair for balance), there is potential for strengthening and stretching the shoulders and arms • Energizes, due to the back extension
Warrior II	Virabhadrasana II	<ul style="list-style-type: none"> • Stretches the hip flexors (psoas), which are very tight secondary to the amount of sitting that is common after stroke; may be related to improved gait and endurance; increases hip extension, calf flexibility, and ankle dorsiflexion: all known to reduce falls • Improves balance and strength • Improves circulation and is energizing • Grounding
Warrior III	Virabhadrasana III	<ul style="list-style-type: none"> • Strengthens the back of the body • Improves the balance and posture • Improves coordination

Selected pranayama and yoga poses	Sanskrit name	Perceived benefits
Restorative asanas or yoga poses		
Basic Relaxation pose	NA	<ul style="list-style-type: none"> • Lowers blood pressure • Slows heart rate • Releases muscular tension • Reduces fatigue • Improves sleep • Enhances immune response • Helps to manage chronic pain • Quiets the frontal lobes of the brain
Cat Cow (Restorative, upright version)	Cat: Marjariasana Cow: Bitilasana Cat Cow: Chakravakasana	<ul style="list-style-type: none"> • Awakens the spine • Energizes, due to the back extension • Improves sitting and standing posture • Enhances coordination • Stretches and strengthens the front and back of the body • Reduces back pain
Corpse pose	Savasana	<ul style="list-style-type: none"> • Reduces blood pressure • Calms the mind • Enhances relaxation throughout the body • Reduces headache • Decreases fatigue • Decreases insomnia
Queen's pose	Salamba Baddha Konasana	<ul style="list-style-type: none"> • Opens the back • Opens the pelvic region
Reclining Twist with a Bolster	NA	<ul style="list-style-type: none"> • Reduces strain in the back • Reduces strain in the intercostal muscles • As the muscles relax, breathing is enhanced
Restorative Child's pose on bolsters	Restorative Balasana	<ul style="list-style-type: none"> • Engages the parasympathetic nervous system and encourages the relaxation response • Reduces strain in the neck, back, and hips, and calms the mind • Helps relieve anxiety, stress, and fatigue
Seated Bound Angle pose	Baddha Konasana	<ul style="list-style-type: none"> • Opens the hips • Opens the pelvis • Lowers blood pressure • Helps with breathing problems
Side Resting pose with bolster	NA	<ul style="list-style-type: none"> • Reduces fatigue • Stimulates the abdominal organs • Enhances relaxation in the nervous system • Decreases blood pressure

Selected pranayama and yoga poses	Sanskrit name	Perceived benefits
Restorative asanas or yoga poses		
Supported Reclining Bound Angle pose	Supta Baddha Konasana	<ul style="list-style-type: none"> • Opens the chest • Opens the abdomen • Opens the pelvis • Lowers blood pressure • Helps with breathing problems
Supported Wide-Angle Seated Forward Fold	Upavistha Konasana	<ul style="list-style-type: none"> • Quiets the organs of digestion and elimination
Mudras or hand postures		
NA	Adi Mudra	<ul style="list-style-type: none"> • Improves sleep (and reduces snoring) • Increases lung capacity • Improves the flow of oxygen to the brain • Relaxes the nervous system
NA	Anjali Mudra	<ul style="list-style-type: none"> • Balances and unites the right and left sides of the body, physically, emotionally, and mentally
NA	Apana Mudra	<ul style="list-style-type: none"> • Eliminates waste from the body, as well as enhances mental or physical digestion • Reduces constipation and increases the regularity of bowel movements • Increases urination and sweating
NA	Apana Vayu Mudra	<ul style="list-style-type: none"> • Helps heart-related issues such as high blood pressure, palpitations, and arteriosclerosis • Helps gastrointestinal issues, including heartburn and indigestion
NA	Brahma (or Purna) Mudra	<ul style="list-style-type: none"> • Releases blocked energy and releases this energy to the brain • Calms the mind • Enhances relaxation • Releases negative energies • Thought to bring the individual to a higher meditative state
NA	Buddhi Mudra	<ul style="list-style-type: none"> • Enhances intuitive communication and intuitive knowledge • Develops intuition • Provides relief from a number of ailments, including digestive issues, skin disorders, blood-related diseases, and blood and kidney disorders
NA	Chinmaya Mudra	<ul style="list-style-type: none"> • Improves digestion and enhances the flow of energy in the body, particularly in the thoracic region of the spine • Promotes breathing in the lungs

Selected pranayama and yoga poses	Sanskrit name	Perceived benefits
Mudras or hand postures		
NA	Dhyana Mudra	<ul style="list-style-type: none"> • Promotes a calming energy • Clarifies thought • Decreases ego involvement • Brings peace
NA	Ganesha Mudra	<ul style="list-style-type: none"> • Removes obstacles from life • Enhances feelings of positivity and bravery in the face of difficult issues
NA	Gyan or Chin Mudra	<ul style="list-style-type: none"> • Improves concentration • Stimulates the brain • Strengthens the nervous system • Increases feelings of relaxation and stress reduction • Enhances sleep • Increases energy • Improves focus • Reduces lower back pain
NA	Prana Mudra	<ul style="list-style-type: none"> • Increases feelings of energy and strength • Decreases feelings of fatigue • Reduces stress • Improves sleep • Reduces blood pressure • Increases immunity • Decreases acidity and ulcers in the gut • Decreases inflammation in the body
NA	Shuni Mudra	<ul style="list-style-type: none"> • Enhances feelings of patience, discipline, and stability • Helps to bring focus and discipline
NA	Survya Ravi Mudra	<ul style="list-style-type: none"> • Enhances feelings of balance • Enhances physical and spiritual well-being
NA	Vayu Mudra	<ul style="list-style-type: none"> • Improves high blood pressure • Reduces abdominal discomfort, bloating, and other air-related conditions • Improves health and decreases pain and issues from conditions including arthritis, gout, and sciatica