How to add Yoga into your EI Therapy

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Why Yoga???

• Yoga is fun and the whole family can join in
• Can be a multi-disciplinary approach
• It changes up the routine and re-engages kids and therapist from boring repetition
• Works multiple muscles all at the same time
• Stretching and stretching occur simultaneously in some poses
• Challenge balance in new ways
• Can be modified or assisted as needed
• Breathing is key
• Body awareness/proprioception
• Motor planning
• Weight-bearing is emphasized
Downward Dog

Stretches the heel cords
Lengthens the spine
Strengthens the arms and shoulders
3-legged dog
Same as Down-dog
But also adds a balance and core component as well as strengthening the gluteals and hamstrings
Upward Facing Dog

Opens the chest - can help with breath control
Facilitates back extension
Strengthens arms
Overall improve posture
Airplane
Standing one foot balance
Gluteal strengthening
Modified Airplane
Helps work toward one foot balance.
Incorporates arm and shoulder strength
Bridge
Strengthen legs and gluteals
Encourages neck flexion and spine extension
Table-top
All over strengthening...buttocks and core
Challenge balance ~put a toy on the “table”
Cat

Hands and knees weightbearing can be made fun! Strengthen abs when pulling spine up to round back
“Cow”

Hands and knees positioning with neck extension and back strengthening...used with “cat”
Spinal Twist

Trunk rotation and elongation of the spine to promote better posture, trunk stability and balance. Opens up hips and pelvis
Mountain
Proper standing alignment
Feet together challenges balance
Half Moon

standing balance challenge

Strengthen shoulders and arms
Half Moon with Side Bend
Arm extension and strengthening
Lateral extension and rib opening
Standing balance
Baby Back Bend
Standing balance with gluteal strengthening
Spinal alignment
Tree
One-legged balance
Visual gaze and concentration
Triangle
Arm strength
Triangle
Inverted balance pose
Crow

Let’s see you all try this!!
Down Dog
3-legged dog....McCartney style😊
Under 1 year old...Down Dog!!!
Up dog
Plank
Tabletop
Tree
References

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