Adaptive Yoga

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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:
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)
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Please feel free to contact me: DianaGallegos.com