

Modifications to KDS Yoga



PEACOCK: If your child is unable to tolerate sitting upright as is pictured in the original image, this may be a good alternative! Have your child lay on their back (in supine) and help them open their legs wide.



PRETZEL: If your child is unable to sit upright on the floor, this may be performed in supine (left) or in his/her seating system (right). Have your child reach with one arm across their body and rotate.



COBRA: If your child has difficulty propping up on his/her elbows or with lifting their head up, the Cobra can be performed by lying on their belly (left) or using a pillow/blanket roll to assist with trunk extension (right).





WATERFALL: If your child is unable to stand, Waterfall may be performed in a position such as kneeling. Waterfall can also be performed in sitting or supine



MOUSE: If your child is unable to get onto the floor, he/she can perform Mouse in his/her seating system. Help them lean forwards (bending at the hips) and keep their head down.



BUTTERFLY: If your child is unable to sit upright on the floor, or if they are limited by range of motion or tone this may be performed in his/her seating system. Have your child place his/her hands on each shoulder and flap their wings!



TREE: If your child is unable to stand, Tree may be performed in a position such as kneeling. Tree can also be performed in sitting or supine position by performing the arm and/or leg components.

