

Day 10- Types of Adjustments

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Your Presence- Probably the most important of all adjustments- your presence. Stand next to your student and your support will guide them deeper and help them to relax. The observer changes the observed.

Verbal- Creating a nonjudgemental space for them, with your words, and your cues, invite students to listen and feel without judgement. Affirm and then offer how to get even deeper into the pose/ more out of the posture.

Modeling-Demonstrate poses. Get away from the front of the class and give modifications alongside of the student. Sometimes even combine Verbal and Modeling so that new students can visualize proper alignment and the true structure of the body in the pose.

Manipulation-Using your hands as tools, hands-on adjustments can physically change the body position. Offer students the option for hand's on adjustments. Only do this if you have established a relationship with the student. Not everyone feels comfortable with a stranger's touch, even if you are the yoga teacher.