

Adjusting and Assisting

The main intention in adjusting alignment is to allow a more full expression of the spirit and heart of the pose. One does not “fix” or “correct”.... There are many different types of adjustments. Sometimes it is not necessary or even in the student’s best interest to physically lay your hands on them. Other times it is the only way and is of great benefit... Proper manual adjustment can immediately release a student deeper into a pose and their breath... Bear in mind that traditionally one must limit the laying of one’s hands on a person so as not to interfere overly much with their personal progress in yoga, as a major part of the journey is coming to trust the teacher within.—Dharma Mittra, Life of a Yogi Teacher Training Manual, p. 81

Types of Adjustments:

1. **Verbal**
 2. **Props**
 3. **Manual**
- **Verbal Adjustments-** Use your voice to move the bodies in the room. Find a general movement pattern in the group that needs better alignment to release tension and open up breath. Speak to that physical adjustment.
 1. Use command language.
 2. Send your voice in the direction of the person/group that needs the adjustment.
 3. Feel the adjustment in your own body if you are demonstrating the pose.
 - **Props-** Take advantage of wall space and any other props in the studio to assist your instructions of physical alignment in the pose.
 1. Move the class to the wall as a tool for immediate feedback in the poses.
 2. Use the wall to aid in balance.
 3. Use the props to create longer limbs.
 4. Use the props to create ease in the poses.
 - **Manual Adjustments-** Use your hands and body to manipulate the student and create alignment that opens the body and allows for deeper breathing in the pose.
 1. Make sure the student knows you are present before adjusting.