

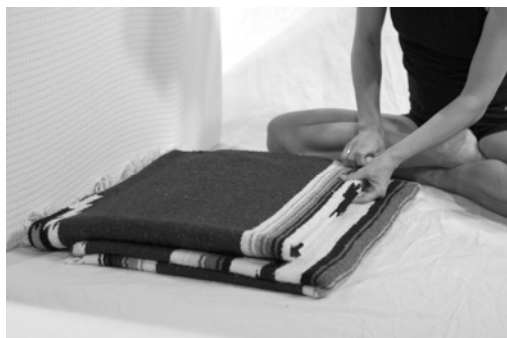
...A courtesy practice written by Ginger Garner MPT, ATC...an imprint of Elemental Renewal & Living Well, Inc.

**A GLOSSARY OF TERMS:**

**PROFESSIONAL YOGA THERAPY & PROFESSIONAL YOGA THERAPIST™** – A therapist who has completed or is currently completing the PYT™ (Professional Yoga Therapy™) program with Ginger. Find a PYT™ (Professional Yoga Therapy™) at <http://proyogatherapy.com/find%20a%20therapist.html>.

**TWO TIER APPROACH** – This is a PYT™ (Professional Yoga Therapy™) blanket folding technique for hamstring preservation used in seated postures (*asana*). Two blankets are used, folded in quarters and then halved and stacked in an offset fashion.

**THREE TIER APPROACH (SHOWN WITH BLOCK)** – This is a PYT™ specific blanket folding technique used in all types of postures, but mainly in **SRA's**. Two blankets are used, folded in a trifold and then halved and stacked in a vertically offset fashion to create a “three tier” look. This approach can be used in both prone and supine postures as in **PRONE THREE TIER APPROACH** or the **SUPINE THREE TIER APPROACH**.



**Two Tier Approach**



**Three Tier Approach (with block)**

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## **Threading the Needle**

### **Intention**

1. Restorative
2. Healthy spinal movement (rotation and sidebending)
3. Shoulder mobility
4. Shoulder blade mobility
5. Stretch between shoulder blades
6. Diminish tender or trigger points in back
7. Stimulate digestion
8. Respiration and breath awareness for more complete breath (back breathing instead of chest breathing)

### **Action**

Entry – Come to hands and knees (4 point) posture. Take the right arm and reach under the trunk to your left to rest the posterior right shoulder and right side of the head on the mat. This requires rotation of the spine and a bend in the left elbow. To progress, lift the left hand from the floor into the air, palm turned away. Rest here for as long as is beneficial.

Exit – Press up using the weight bearing arm to return to four point. Repeat on the other side.

### **Alignment**

Spine - The spine rests in left rotation. The neck remains in neutral alignment (natural resting posture) with the rest of the spine but does take rotation and mild sidebending (twisting and leaning).

### **Tips**

1. Place a blanket(s) under the right shoulder as needed to elevate the resting surface for those who cannot reach the floor.
2. Arm positions vary depending on the health and flexibility of your shoulder and joint. Here are your options:
  - a. Do not lift the top arm from the floor. Instead rest it down in one of the positions shown below. If the bottom shoulder bothers you to be in this position, use the arm position in the top row of photographs (whichever is most comfy).
  - b. Rest the top arm over the head.
  - c. Allow the arm to extend back and up toward the sky (for the most flexible person who wants a bigger spine twist).
3. Do not allow the neck to become overly extended or flexed (tilted backward or forward). This position should be comfortable and not awkward.

**WARNINGS** - Do not perform this pose if you have osteopenia or osteoporosis in the spine. Do not perform this pose if you have current or a history of knee pain. Do not perform this pose if you have a history of or current low back pain or degenerated or bulging discs in the neck or back. Do not perform this pose if you have nausea or acid reflux. Do not perform this pose if you have a history of shoulder injuries. If you have any of these conditions, see Ginger or a PYT who has trained under her. Find a PYT™ (Professional Yoga Therapy™) at <http://proyogatherapy.com/find%20a%20therapist.html>

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**Threading the needle; top left – full expression; top right and bottom row – blanket supported modifications; bottom left – full expression of pose with blanket support**