

Seated & Floor: Thread The Needle Peak Pose




Image	Pose	Description
	<p>Easy Neck Rolls</p>	<p>Gently roll neck clockwise in a circular motion. Inhale when head is back. Exhale when head is forward. Feel tension releasing in neck muscles.</p> <p>Benefits: Flexibility in neck.</p> <p>Video: https://www.youtube.com/embed/bm1PWIMGBR4?start=873</p> <p>Precautions : Neck, knee, leg or spine injury. Sciatica.</p>
	<p>Neck Relaxer</p>	<p>Tilt your head to one side and hold for 10 seconds, then switch sides.</p> <p>Benefits: Relieving tension and stiffness in the neck muscles, promoting relaxation and reducing stress, increasing flexibility and range of motion in the neck, improving posture by aligning the head and neck, enhancing blood circulation to the neck area, and reducing the occurrence of neck and shoulder pain.-</p> <p>Video: https://www.youtube.com/embed/yAT-bHfmSiM</p> <p>Precautions : A) Don't get too aggressive with the facial muscles. B) Don't forget to breathe.</p>
	<p>Neck Stretch</p>	<p>Tilt your head back and look up at the ceiling. Stick out your tongue as far as you can, then hold for 10 seconds.</p> <p>Benefits: A) Increase blood flow and oxygenation to the face. B) Reduce tension in the face. C) Reduce the appearance of wrinkles, fine lines, and sagging skin. D) Relaxed jaw. E) Spa day for your face. F) Improve muscle tone in the face and neck.</p> <p>Video: https://www.youtube.com/embed/WHPF7WPhykk</p> <p>Precautions : A) Don't get too aggressive with the facial muscles. B) Don't forget to breathe.</p>




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	Cow Face	<p>Sit with legs crossed. Stretch right arm up and sweep arm behind torso. Reach right hand with left hand. Hook right and left fingers. Lift top elbow toward ceiling and lift chest. Keep left arm beside left side of head.</p> <p>Alternatives: Use a strap.</p> <p>Benefits: Stretches ankles, hips, thighs, shoulders, triceps, and chest.</p> <p>Video: https://www.youtube.com/embed/-acLT1lsMYo?rel=0</p> <p>Modifications: A) Use folded blanket to lift sitting bones off the floor. B) If the fingertips don't meet, use a strap. C) Fold forward.</p> <p>Precautions : Shoulder injury.</p>
	Cradle Baby	<p>Sit with legs crossed. Keep left leg crossed. Hold right foot with both hands. Draw right shin into chest and cradle knee in elbow of right arm. Gently rock back and forth as if cradling a baby.</p> <p>Benefits: Hip opener. Stretches hams and calves.</p> <p>Video: https://www.youtube.com/embed/mUISBECd7W0</p> <p>Modifications: A) Cradle Baby with a straight leg. B) Seated Knee Rotations (hold thigh and rotate your knee).</p> <p>Precautions : Hip injury.</p>
	End Of Sequence	




Image	Pose	Description
	<p>Book Opening</p>	<p>Lie on right side with both arms fully extended, and resting on floor. Right leg straight. Bend left hip and knee 90 degrees, with left knee resting on mat. Reach left arm up, bringing back of left hand towards mat behind your head (look at left hand). Hold. Return to start. Repeat. Switch sides.</p> <p>Alternatives: Banana pose. Revolved abdomen twist pose.</p> <p>Benefits: Twist. Hip Opener.</p> <p>Video: https://www.youtube.com/embed/MJNCJOFhVtI</p> <p>Modifications: Supine twist with crossed legs.</p> <p>Precautions : Knee injury.</p>
	<p>Bananasana</p>	<p>Lie on back with legs together and straight. Reach arms overhead. Clasp hands or elbows. With buttocks firmly glued to the earth, move feet and upper body to the right. Arch like a ripe banana. Don't twist or roll hips off the floor. When your body opens more, move both feet further to the right and pull upper body further to the right. Swap sides.</p> <p>Benefits: Stretch whole side of body.</p> <p>Video: https://www.youtube.com/embed/Mywqh-A-04A</p> <p>Modifications: A) Savasana. B) Supine With Arms Raised. C) Supine With Knees Bent. D) Supine With Arms Behind Head.</p> <p>Precautions : Back pain.</p>
	<p>Cat Pulling Tail</p>	<p>Lie on right side. Use right arm as a pillow. Stack hips, knees and feet. Bend bottom knee and reach top hand to take hold of foot. Roll top shoulder back. Draw top leg out in front of you. Drop top shoulder towards mat. Hold. Roll onto opposite side and repeat.</p> <p>Benefits: Counterpose to forward bends. Compresses lower back. Opens quads and upper thighs.</p> <p>Video: https://www.youtube.com/embed/hEyCFVvXIs</p> <p>Modifications: A) Use a strap. B) Cat pulling tail with strap. C) Cat pose with leg raised. D) Banasana pose E) Dancer pose. F) Lunge pose.</p>




Image	Pose	Description
	Bridge	<p>Lie supine. Bend knees. Set feet on floor. Heels close to sitting bones. Press inner feet and arms into floor. Push tailbone up. Lift buttocks. Clasp hands below pelvis.</p> <p>Benefits: Chest, neck, spine stretch. Reduces backache.</p> <p>Video: https://www.youtube.com/embed/EU2JS2Pm2EY?rel=0</p> <p>Modifications: A) Baby Bridge (raise up to a comfortable position). B) Bridge with a blanket under shoulders. C) Bridge with leg up. D) Clasp hands around ankles. E) Block below shoulders. F) Block, or bolster, below the lower back. G) Feet close to a wall to prevent slipping.</p> <p>Precautions : Knee or neck injury.</p>
	Knees To Chest	<p>Lie on back. Legs and arms extended. Both knees to chest. Clasp hands around knees. Wrap forearms over shins. Clasp each elbow with opposite hand. Keep back flat on mat. Release shoulder blades down toward waist. Draw tailbone and sacrum down. Lengthening spine. Softly rock backward and forward or side-to-side for a spinal massage. Tuck chin slightly. Gaze down. Hold. Release.</p> <p>Benefits: Massages spin. Lower back stretch. Good for posture. Relieves tired legs. Strengthens back. Firms abdominals. Strengthens legs and hips. Cures joint pains. Improves blood circulation in legs.</p> <p>Video: https://www.youtube.com/embed/TVk4ht8V8J8</p> <p>Modifications: Knee to chest.</p>
	Knees To Head	<p>Lie on back. Extend arms beside body, palms facing down. Bend knees. Bring knees to chest. Hold legs slightly below knees. Press knees into upper chest. Raise head, shoulders and upper chest to knees. Hold.</p> <p>Benefits: Reduces abdominal bloating and backache.</p> <p>Video: https://www.youtube.com/embed/D34o4QINYMk</p> <p>Modifications: Knee to chest.</p>




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	End Of Sequence	
	Extended Child	<p>On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine.</p> <p>Benefits: Stretches arms, shoulders, spine, hips.</p> <p>Video: https://www.youtube.com/embed/eqVMAPM00DM</p> <p>Modifications: A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider.</p> <p>Precautions : Knee injury.</p>
	Thread The Needle	<p>Start in Child pose (kneel with arms out stretched, forehead on mat). Bring right arm underneath body with palm facing up. Drop right shoulder to mat and gaze at left hand. Hold. Switch sides.</p> <p>Alternatives: Extended Puppy.</p> <p>Benefits: Stretches shoulders, arms, upper back, neck.</p> <p>Video: https://www.youtube.com/embed/CiCbZ94TU18</p> <p>Modifications: Folded blanket under knees.</p> <p>Precautions : Knees, shoulders, or neck injury.</p>




Image	Pose	Description
	<p>Thread The Needle Arm Up</p>	<p>Get on hands and knees. Slide right hand between left hand and left knee. Slide arm out to left (right shoulder and side of head rest on floor). Reach left hand up. Reach out through the fingers. Hold. Switch sides.</p> <p>Alternatives: Extended Puppy.</p> <p>Benefits: Stretches shoulders, arms, upper back, neck.</p> <p>Video: https://www.youtube.com/embed/nNICdJLGuAw</p> <p>Modifications: Folded blanket under knees.</p> <p>Precautions : Knees, shoulders, or neck injury.</p>
	<p>Cat</p>	<p>Start in neutral position. Wrists under shoulders. Arms shoulder width. Pull navel into small of back. Arch backwards. Tuck chin to chest. Move slowing back & forth. Modifications include: Cat pose with forehead to knee. Cat pose with leg raised. Cat pose with arm raised. Cat pose with rib cage circles. Cat pose with feet to the side.</p> <p>Benefits: Stretches lower back. Concentration. Decompress spine.</p> <p>Video: https://www.youtube.com/embed/VuqVXXW_N50?rel=0</p> <p>Modifications: Forehead to knee. Raise leg or arm.</p> <p>Precautions : Neck injury.</p>
	<p>Cow</p>	<p>Start on hands and knees. Knees below hips and wrists. Centre head in a neutral position. Eyes gaze at floor.</p> <p>Benefits: Stretches torso, neck. Massages spine, core.</p> <p>Video: https://www.youtube.com/embed/kqnua4rHVVA</p> <p>Modifications: Paired with Cat Pose. Cow with arm extended.</p> <p>Precautions : Neck or wrist injury.</p>



Image	Pose	Description
	Camel	<p>Kneel. Rest hands on back of pelvis. Point fingers down. Lean back. Chin near sternum. Press palms against heels. Elbow creases face forward. To exit bring one hand at a time to hips. Lift head and torso by pushing hip points down.</p> <p>Alternatives: Half Camel Pose (one hand on heel).</p> <p>Benefits: Stretches ankles, thighs, groin, abs, chest, throat, psoas.</p> <p>Video: https://www.youtube.com/embed/-xfwRTobUM?rel=0</p> <p>Modifications: Palms against soles.</p> <p>Precautions : High or low blood pressure. Back or neck injury.</p>
	Cobra	<p>Lie face down. Feet together. Toes pointing behind. Hands flat on the floor by the rib cage. Lift chest. Gaze forward.</p> <p>Alternatives: Sphinx. Crocodile.</p> <p>Benefits: Supple spine. Strengthen palms, wrists, toes.</p> <p>Video: https://www.youtube.com/embed/zgvoIE4NAH0</p> <p>Modifications: A) Cobra with a folded blanket under hips. B) Cobra with one leg raised. C) Cobra with two legs raised. D) Cobra with one arm raised in front. E) Cobra with two arms raised in front. F) Cobra with one arm raised to the side. G) Cobra with two arms raised to the side. H) Cobra on elbows. I) Cobra with both hands behind the head. J) Revolved cobra. K) Striking cobra (extended child to cobra). L) Chair cobra (seated backbend). M) Baby cobra (don't lift chest all the way up).</p> <p>Precautions : Pregnancy. CTS. Back injury.</p>




Image	Pose	Description
	Crocodile	<p>Relax on stomach. Arms folded on floor above head. Widen legs. Roll feet so heels point in. Squeeze buttocks. Press pelvis into floor. Rest forehead on arms.</p> <p>Alternatives: Leg or arm lift.</p> <p>Benefits: Stretches back, legs, buttocks. Reduce stress. Improve posture.</p> <p>Video: https://www.youtube.com/embed/MZynS2i3n28?rel=0</p> <p>Modifications: Place forehead in Yoni Mudra.</p> <p>Precautions : Pregnancy.</p>
	Crocodile Side Turn	<p>Lie on stomach. Bend elbows. Right wrist under left elbow. Left wrist under right elbow. Bend right leg to same side without lifting thighs. Line right heel with knee, shin parallel to left leg. Hold. Switch sides.</p> <p>Alternatives: Crocodile pose.</p> <p>Benefits: Opens hips. Relieves groin area.</p> <p>Video: https://www.youtube.com/embed/EEQJvDj2zAM</p> <p>Modifications: Folded blanket under hips and/or extended knee.</p>
	End Of Sequence	







Image	Pose	Description
	Staff	<p>Sit with legs crossed. Elongate through spine. Straighten legs. Press into heels. Toes point towards face. Palms on tops of thighs (help draw thighs down). Tops of thighs draw in to engage legs. Lift chest up (open heart). Draw belly button towards spine.</p> <p>Alternatives: A) Arms overhead. B) Staff with a twist. C) Sit on a folded blanket. D) Sit with back against a wall. E) Sandbags across tops of thighs. F). Staff with arms up. G) Staff with backend.</p> <p>Benefits: Strengthens back muscles. Stretches shoulders and chest.</p> <p>Video: https://www.youtube.com/embed/sXz00CjO3p4?rel=0</p> <p>Modifications: A) Arms overhead. B) Staff with a twist. C) Sit on a folded blanket. D) Sit with back against a wall. E) Sandbags across tops of thighs.</p> <p>Precautions : Any lower back injury.</p>
	Staff Knee Bend Circles	<p>Part 1 Knee Bending: Sit. Extend legs. Bend right knee. Interlock fingers around right thigh. Bring right knee close to chest. Extend right leg without touching foot on the ground. Repeat. Switch legs. Part 2 Knee Circling: Interlock fingers around right thigh. Bring right knee close to chest. Make clockwise circles with lower leg with pointed toes. Begin with small circles and gradually increase the circle size. Change directions (counter-clockwise). Switch legs.</p> <p>Benefits: Improve leg circulation.</p> <p>Video: https://www.youtube.com/embed/d-NHJS6o79w</p>
	Half Boat	<p>Sit with straight legs. Press hands on floor behind hips. Fingers point to feet. Lift legs with knees bent.</p> <p>Alternatives: Boat pose.</p> <p>Benefits: Strengthens abs, hip flexors, spine.</p> <p>Video: https://www.youtube.com/embed/reru9O8KrX0?rel=0</p> <p>Modifications: A) Boat Pose On Chair. B) Boat Pose With Strap (around upper back and feet). C) Double Boat Pose (partner yoga). D) Half Boat With Eagle Arms.</p> <p>Precautions : Pregnancy. Neck injury.</p>

Image	Pose	Description
	Rocking And Rolling	<p>Slit on edge of mat. Wrap arms around legs. Engage core. Round back. Tuck chin toward belly button. Roll back and forth without touching toes to floor (imagine there are hot coals on the floor).</p> <p>Alternatives: knee to chest.</p> <p>Benefits: Stretches inner groin, spine.</p> <p>Video: https://www.youtube.com/embed/bUVGbaZHH_I</p> <p>Precautions : Pregnant. Knee injury.</p>
	End Of Sequence	
	Savasana	<p>Lie on back with legs and arms apart. Feet to side, palms up. Release lower back to floor. Close eyes. Abdomen rises on inhale and falls on exhale. Feel heavy with each exhalation.</p> <p>Alternatives: Crocodile. Child.</p> <p>Benefits: Tune into body. Calm. Tranquil. Inner Peace. Clarity.</p> <p>Video: https://www.youtube.com/embed/YBe1nzunHJ0</p> <p>Modifications: Knees bent. Blanket under knees. Blanket under head. Supine star (legs & arms spread out).</p>

Lesson Plan Description:

Overview: This is a Yin seated and floor themed lesson plan with thread the needle as the peak pose. Thread the Needle Pose is a shoulder-releasing yoga posture that is suitable for all students, including beginners. If you have stiffness and pain in your back, shoulders, or neck, this pose can provide relief. Thread the Needle offers variations to suit your level of flexibility.

Benefits: Thread the needle pose, while complicated to get into, can give you a great stretch through the chest and shoulders. It also requires a gentle twisting motion that can help stretch and loosen the muscles in the low back. If you are dealing with chronic shoulder or back pain, this posture can help gently loosen the muscles and relieve tension. It stretches and opens the shoulders, chest, arms, upper back, and neck. It releases the tension that is commonly held in the upper back and between the shoulder blades. It provides a mild twist to the spine, which further reduces tension.

Modifications: Since Thread the Needle is a calming position, it's important to make whatever modifications you need to feel comfortable, safe, and supported in the pose.

To lighten or deepen the intensity of the pose, try these simple changes:

If knee caps hurt, fold mat-or place a firm blanket under knees.

If your wrists hurt in the starting position, place forearms on floor.

Place forearms on a-bolster-or stack of firm blankets to lift torso more upright. This variation is useful for women who are pregnant. Rest ear on bolster and let your threaded arm drop toward the floor.

For a deeper shoulder stretch, come into the full pose. Then, bring the lower arm of the elbow that is bent (the arm that is not doing the "threading") behind your body and rest the back of that hand on your low back. Your lower arm should remain on the floor with your palm facing up.

Those with larger chests or stomachs, and women who are pregnant, can practice Thread The Needle at a wall, while standing: Face wall standing arm's distance away. Press palms flat against the wall. Slide right arm beneath left arm. Bring right shoulder and ear to the wall. Hold for up to one minute. Repeat on opposite side.