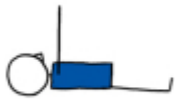
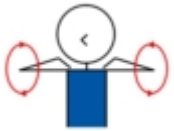
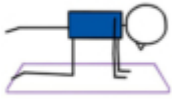
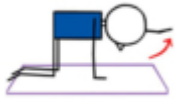
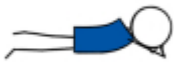
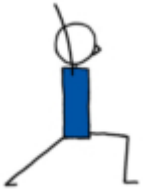
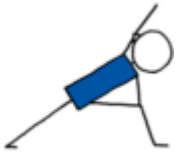
Arthritic Spine Yoga

 **Supine Knees Bent**	 **Revolved Abdomen Twist**	 **Supine Arms Overhead**	 **Knees To Chest**	 **Bananasana**	 **Butterfly**
 **Easy Chin To Chest**	 **Easy Ear To Shoulder I**	 **Easy Head Turn**	 **Shoulder Rotations**	 **Easy Side Bend I**	 **Easy Twist**
 **Cat Cow**	 **Cow**	 **Child**	 **Kneeling Superman I**	 **Cow Arm Raised**	yoga pose **Cobra**

 **Crocodile**	 **Samasthiti**	 **Roll Downs**	 **Goddess Anjali Mudra**	 **Mountain Palm Lock**	 **Chair Arms Behind**
 **Warrior I**	 **Warrior II**	 **Reversed Warrior**	 **Extended Side Angle Elbow On Thigh**	 **Standing Fold**	 **Half Way Lift**
 **Butterfly Twist**	 **Bridge**	 **Knees To Chest**	 **Savasana**		

Lesson Plan Description:

This lesson plan was for a student with an arthritic spine who had little mobility. Yoga may cause painful flare ups in the short term because more movement is required from the joints.

A little discomfort is okay in the short term because it means the joints are loosening in the long term.

Don't let the flare up be too painful.

Start your practice with gentle warm ups. If it is painful to hold a pose, don't stay for more than a few seconds. Instead, develop mobility in the joints by flowing in and out of the pose.

Use props when needed.

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You can create lesson plans like this using the Genie Lesson Planner