

# TOP TEN

## *Yoga Tips for Teaching Yoga to Amputees*



1. THE STUDENT IS WHOLE

2. The student is able

3. Teach student to move from the center to the periphery

4. Strengthen the residual limb/s: Chair, Warriors, Mountain

5. Stretch overused body parts: Twists, Triangle, Forward Bend

**6. DO NOT tell a new amputee to envision the missing limb.**

**7. DO ABDOMINAL EXERCISES FOR BETTER STABILITY**

**8. USE A LOT OF PROPS, ESPECIALLY WALL**

**9. TEACH STUDENTS TO USE SITZ BONES IF THEY HAVE THEM**

**10. TEACH METTA MEDITATION FOR SELF ACCEPTANCE AND SELF COMPASSION**

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