

ACTIVE AMPUTEES PRACTICE

Namaste.

Below is a short 10 minute practice for active lower extremity amputees wearing a prosthesis.

Centering

Sit either on the floor if comfortable or in a chair. Imagine a line being drawn from your lower back all the way up to the top of your head. As the line is drawn , your spine gets longer . Notice how it is easier to breathe. *Take 3-5 deep breaths.*

Repeat “ I am connected to everything.”

Breathing

Focus on your lower belly, the space between your pubic bone and your belly button. As you breathe in, allow your belly to expand. As you breathe out, draw the belly back in. Do this at least 5 times. Notice how relaxed you feel.

Warm ups

Rock on your bottom from side to side until you settle back into your center. Turn your belly button towards the right without moving the position of your hips . Exhale as you do this. Inhale come back to center. Exhale turn your belly button to the left . Inhale back to center. Lean your torso to the right as you exhale, Inhale back to center. Lean your torso to the left as you exhale. Inhale back to center. Noticed how awakened you feel.

Yoga poses

Mountain Pose



1. Stand with your feet hip width apart.
2. Use a wall for extra stability.
3. Tuck your tailbone under as you draw your belly button back towards your spine.
4. Chin is parallel to feet.
5. Shoulders are relaxed and rolled back.
6. Lift arms up parallel to the shoulders or wider if having shoulder issues.
7. Inhale and exhale 3-5 times.

Warrior I



1. Stand up near a wall.
2. If you are using a yoga mat, come to the back of the yoga mat and step your right foot forward, bending the right knee.
3. Lift your spine as you did in centering.
4. Focus your eyes steadily on a point about 8 feet in front of you.
5. Breathe in and out 3 times.
6. Either step back to meet your left foot, or step forward with the left foot and do the other side.
7. (Variations: Stand sideways against a wall and inch your right foot forward until it is near a 90 degree angle with the right knee, if stable)
8. Do the pose again, this time adding a strong breath. Inhale, exhale with a strong “HA”, kind of like a karate chop breath. Do this 5 -10 times. Repeat on the other side.

Warrior II



1. Stand with your feet hip width apart.
2. Step out wide . Lift the arms up, parallel to the shoulders.
3. Turn the back left foot in slightly towards the front, if possible.
4. Turn the right front foot ahead so the toes are facing straight, in a 90 degree angle with the knee.
5. Sink into the hips and elongate the quads.
6. Release the arms, and pivot to the other side.
7. Exhale as you sink the hips down. Inhale.
8. Exhale as you elongate the quads.
9. Inhale.
10. Bring the feet back together.

Chair



1. Bend both knees as if you are about to sit in a chair.
2. Draw your spine up like in centering.
3. Reach arms out in front, parallel to the shoulders.
4. Breathe in and out 3 times.
5. Stand up.
6. Repeat.
7. This time, inhale then exhale with “HA” 5-10 times.
8. Stand up.
9. Stand silently, feeling the effects of the poses.
10. Notice how energized you feel.

Take a few moments to breathe deeply, noticing the positive effects of this short practice .

Namaste, Marsha 