

# YOU & ME Yoga Postures WORKBOOK



**Maria Gunstone**

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This Workbook contains reproducible activity sheets that coincide with the 'YOU & ME Yoga Postures and Variations for Special Needs' handbook. There are twenty illustrated Posture sheets that provide the basic instructions, benefits and cautions, along with a section for any notes regarding the students health and safety etc. In addition there are seven YOU & ME Yoga Postures recording charts that comprise the Whole-Body-Movement Recording System...

All the Posture activity sheets in this Workbook are reproducible to accommodate students and their trainers, carers and parents. Once a trainer has organised an individuals programme plan, the appropriate Posture activity sheets can be duplicated for use in the work place and/or home to allow for on-going practice.

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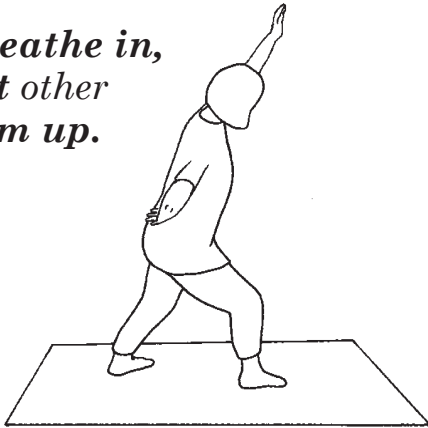
Note: There is a law on consent which is likely to change regarding student details, terminology, touch and risk assessment. Before beginning the YOU & ME programme you should discuss these policies with your Manager or MENCAP. This is because there are complicated issues which vary according to circumstances/venues involved.

# CRANE

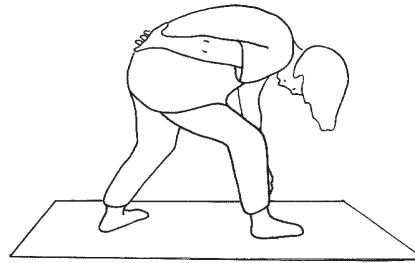
Crane involves standing, taking one arm up across the body and down to touch the opposite leg. This is performed three times using the opposite limbs successively on each side.

*Stand with feet two and half foot-lengths apart, hands on hips, turn one foot out sideways, twist to face that side, place that arm behind the back, and turn the other foot inwards.*

***Breathe in,  
lift other  
arm up.***



***Bring arm over and down  
towards that leg, “ah”.  
Come up.***



Tips: By using opposite arm the hips and torso twist more easily to the side. The twisting can be facilitated by placing other arm on hip. Pivot from hips and do not hunch shoulders. If there is restriction in lower back, do not force, bend knees if necessary.

Notes:

## CAUTIONS

If the student has any of the following problems, this Posture should not be performed without obtaining advice from the student’s physiotherapist or medical adviser:

- Vertigo / Ankle / foot instability or pain
- Poor balance in standing
- Moderate / severe scoliosis / kyphosis
- Severe hemiplegia
- Heart condition
- Hernia (hiatus)
- Acute or history of sciatica

## BENEFITS:

Alternate hand and leg movements intensify respiration of each lung in turn; increases awareness of balance and improves coordination of the whole body.