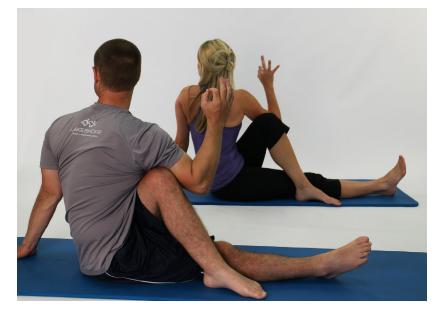
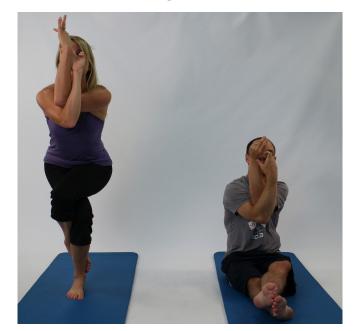


Upward Facing Dog



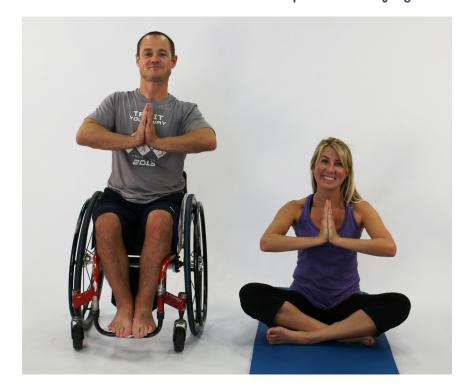
Seated Spinal Twist



Eagle



A Practice for Individuals with a Spinal Cord Injury



For more information on inclusive yoga, visit www.nchpad.org.



Single Knee to Chest



Downward Facing Dog/Child's Pose



Seated Forward Fold



Pose of the Dancer