



**Upward Facing Dog**



**Seated Spinal Twist**



**Eagle**

# INCLUSIVE YOGA

A Practice for Individuals with a Spinal Cord Injury



*For more information on inclusive yoga, visit [www.nchpad.org](http://www.nchpad.org).*



**Single Knee to Chest**



**Downward Facing Dog/Child's Pose**



**Seated Forward Fold**



**Pose of the Dancer**