

Advance Your Yoga Teaching

with Hands-On Adjustments



Why do we adjust our students?

1. To quickly correct alignment/structure of their pose.
2. To get the student grounded.
3. To deepen a student's understanding and feel for the pose.

Adjustments are improvements, not fixes!

The 3 truths of hands-on adjustments:

1. Empower rather than correct.
2. You can't fix everything at once. Focus on one thing and then move on.
3. Don't worry about the end result. No one may smile or say thank-you. Know that you're doing fine.

The Power of Setting an Intention

Ethics & Adjustments

Four Things you can ALWAYS adjust:

1. **GROUND** the feet

3. **ACTIVATE** the abs and back

2. **TILT** the pelvis

4. **SOFTEN** the shoulders and extremities

Hand Positions



Flight Attendant Fingers



Palm of hand with fingers together



NEVER have soft, creepy hands!

Body Positions



STABLE Position

Side of hips touches their butt; NEVER the front of your hip



Straddle/Squat



Low/High Lunge



Skiers Squeeze



Opening a Jar



More Creative Positions

Mountain Pose

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Child's Pose

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Downward Facing Dog

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Forward Fold & Half Lift

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



High Lunge

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Plank & Chaturanga

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Cobra/Updog

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



MY NOTES:

Standing Side Bend

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Chair

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Eagle

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Warrior I

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Warrior II

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Triangle & Revolved Triangle

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Extended Side Angle & Revolved Side Angle

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Pyramid Pose

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Dancer Pose

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Pyramid Pose

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Seated Forward Fold & Wide Leg Forward Fold

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Pigeon Pose

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Bow Pose

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Camel

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Bridge/Wheel Pose

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Supine Twist

GROUND:

ACTIVATE:

TILT:

SOFTEN:

OTHER:



Final Tips for Adjustments

1. Keep your attention on their breath
2. Ground yourself before offering an assist
3. Walk away slowly
4. Explain assisting before class begins

Remember, Adjustments are improvements, not fixes!

MY NOTES:



Thank you for your time & energy!

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