

# Yoga

## Assessment

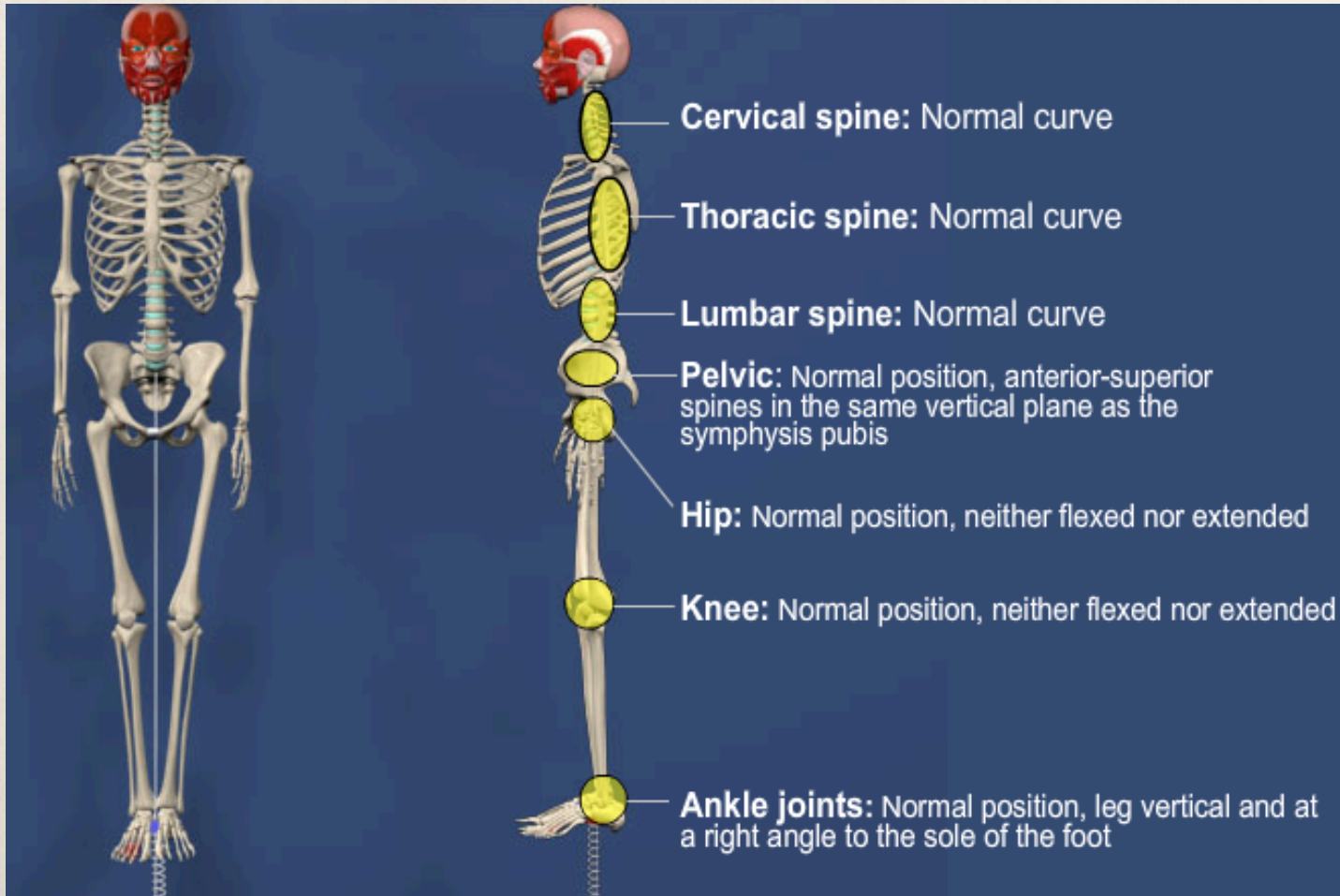
&

## Intervention



Chris Balsler

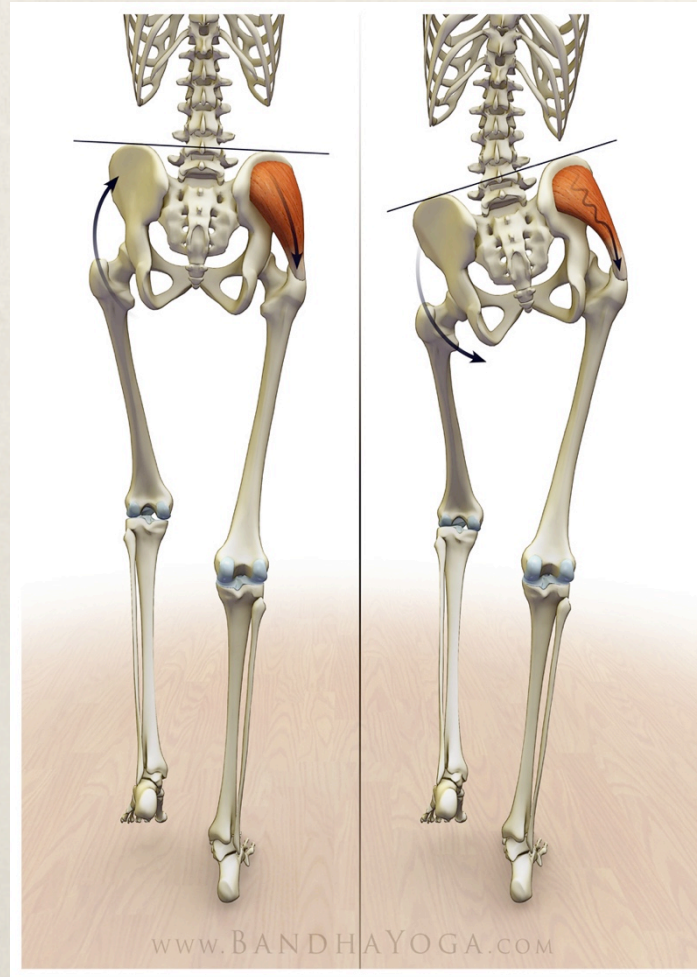
# Standing Assessment



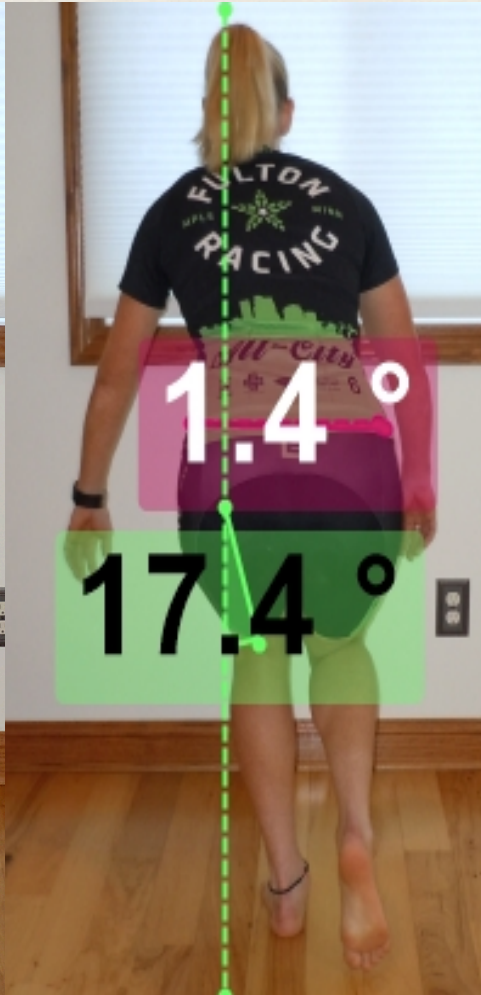
# Standing Assessment



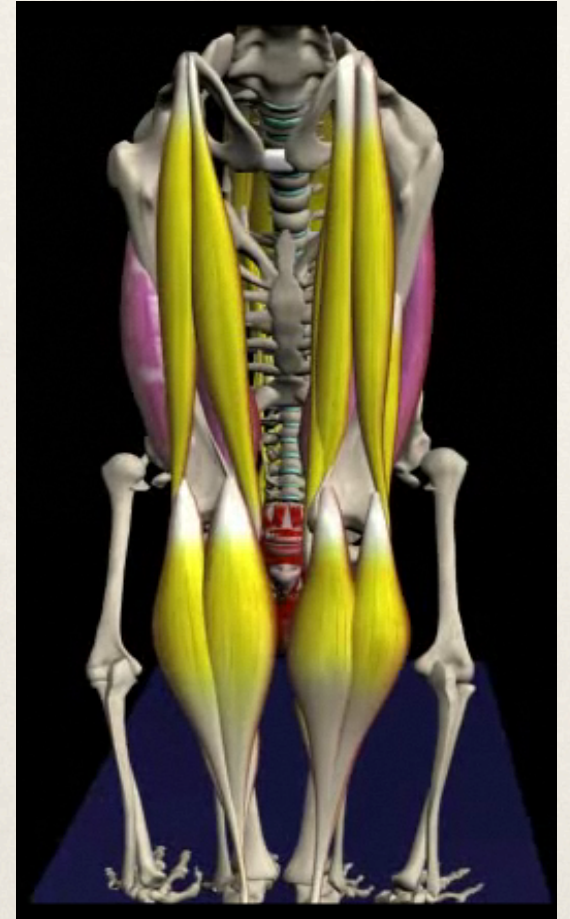
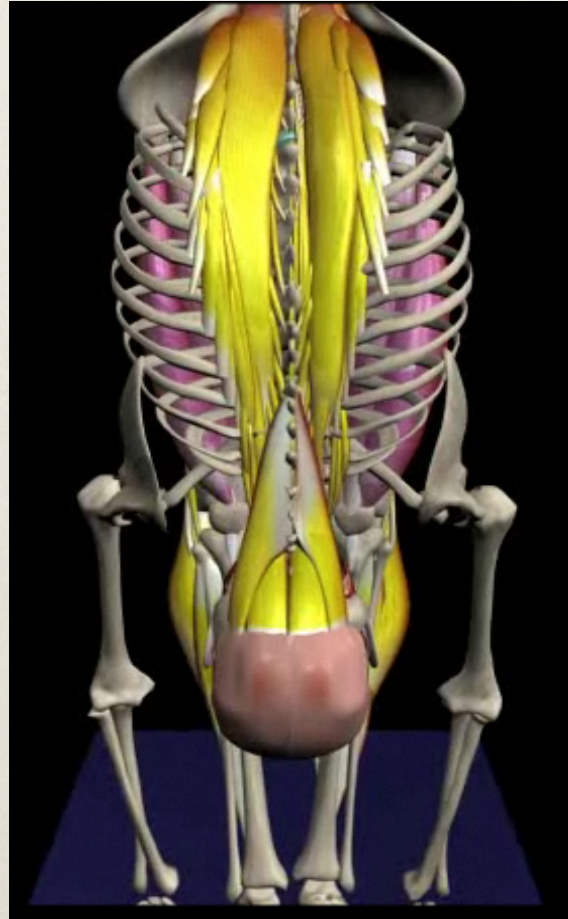
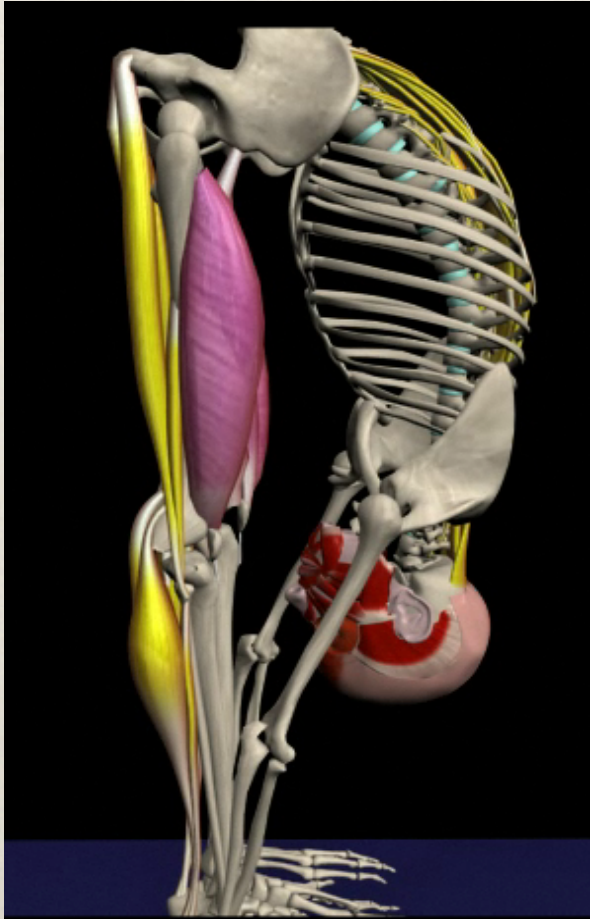
# Single Leg Squat



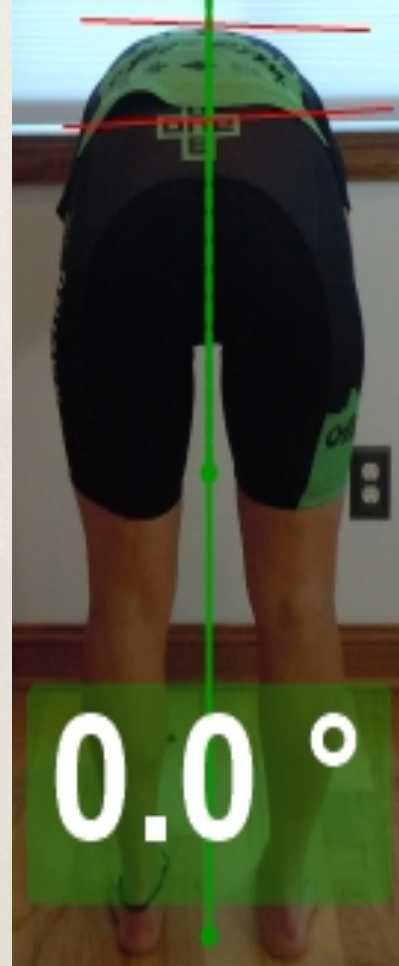
# Single Leg Squat



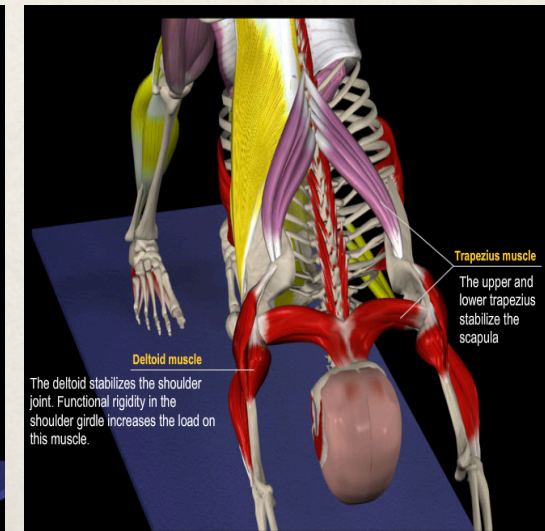
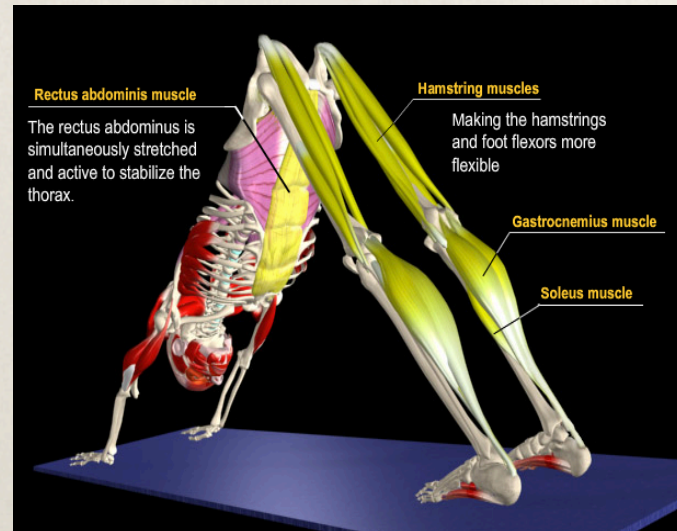
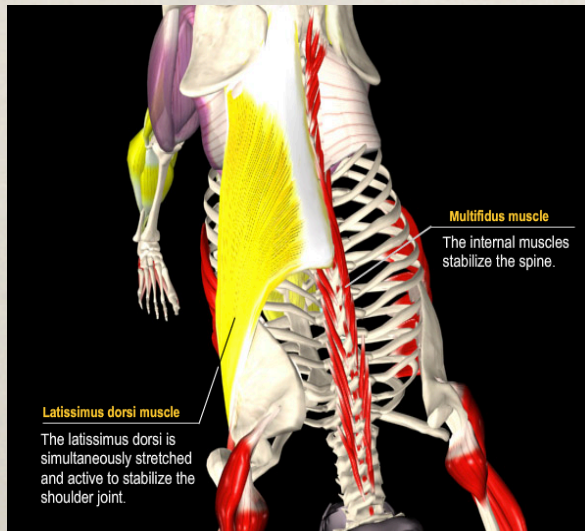
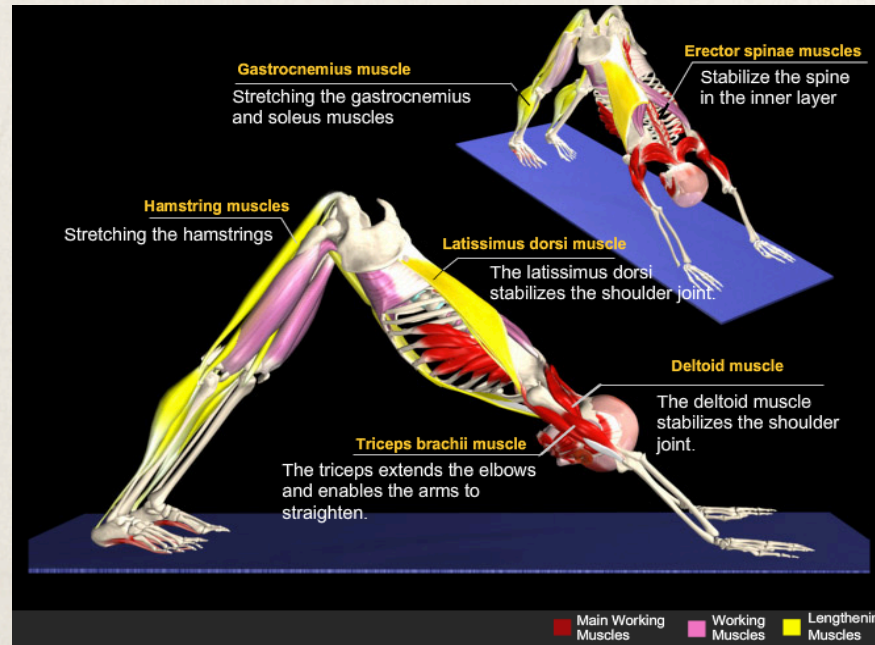
# Forward Fold



# Forward Fold

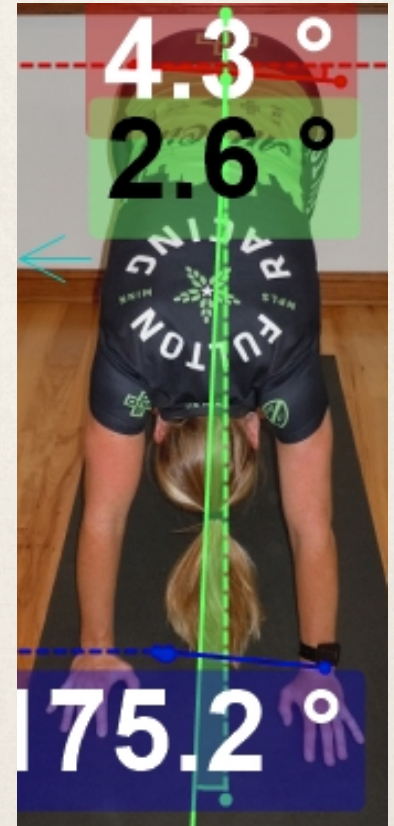
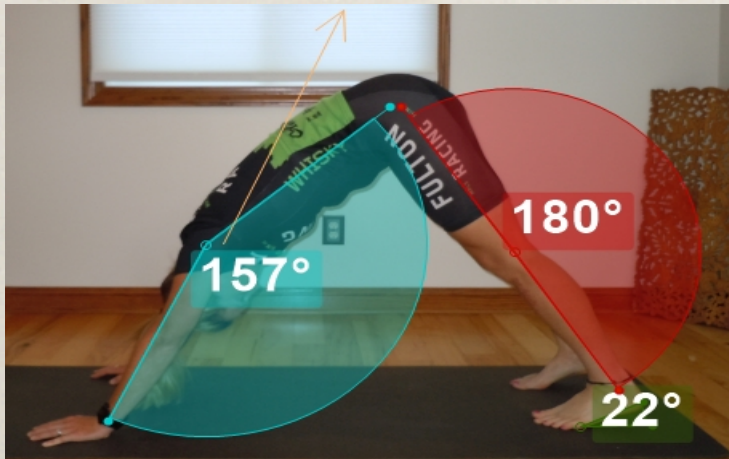


# Downward Facing Dog

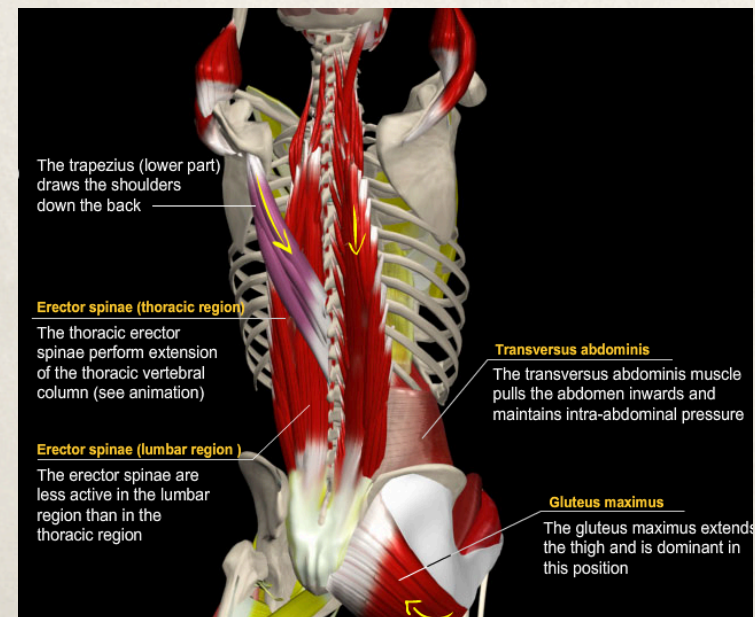
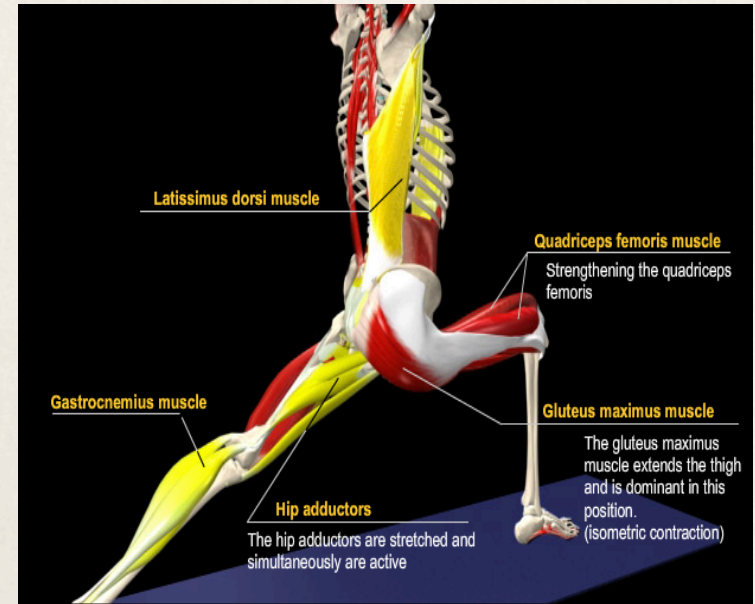
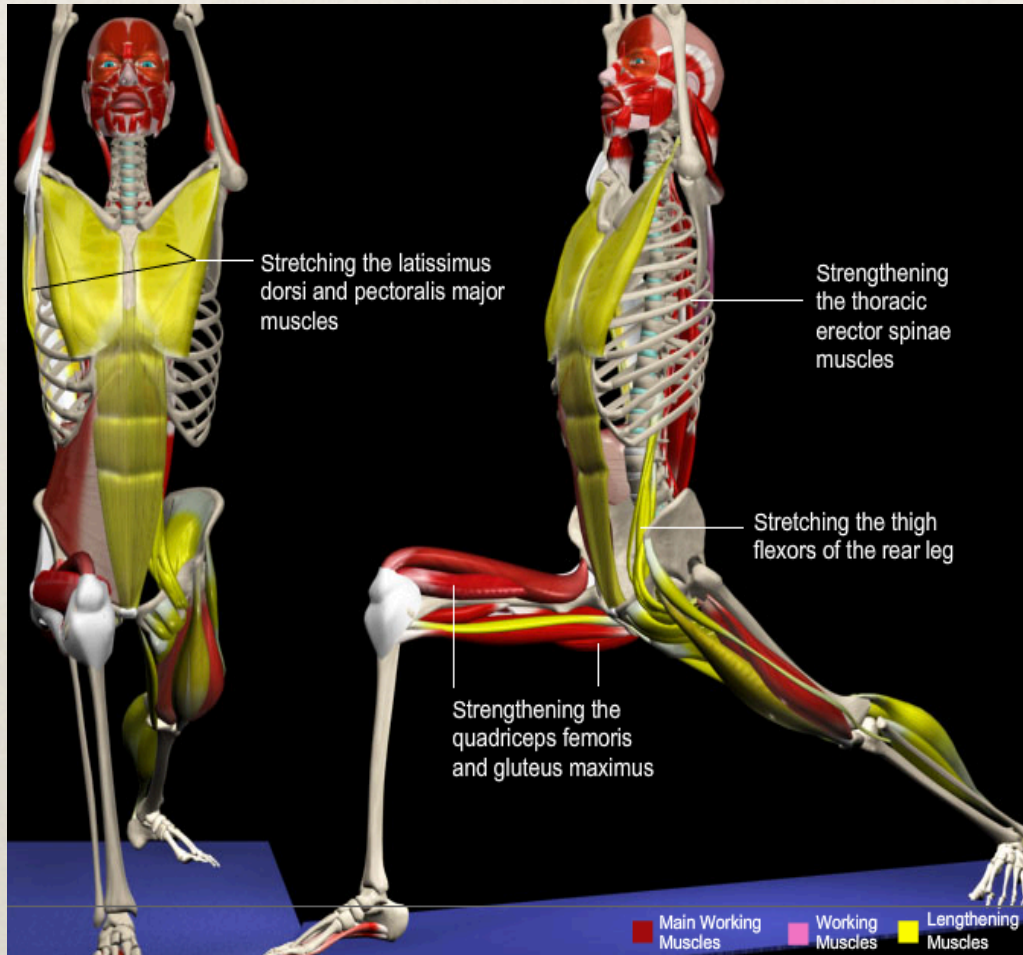




# Downward Facing Dog



# Standing Lunge



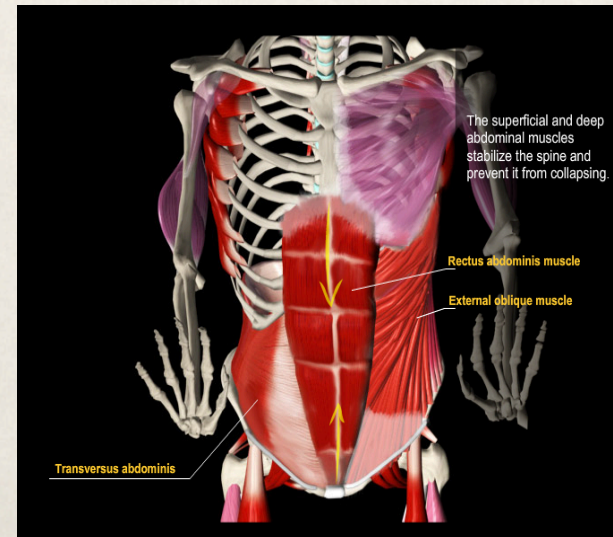
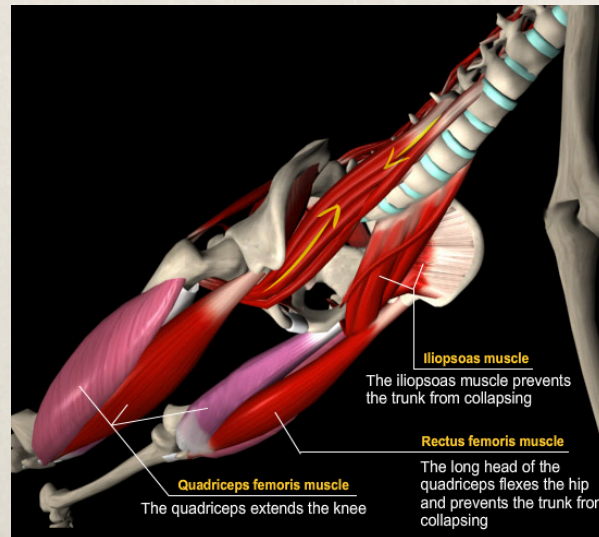
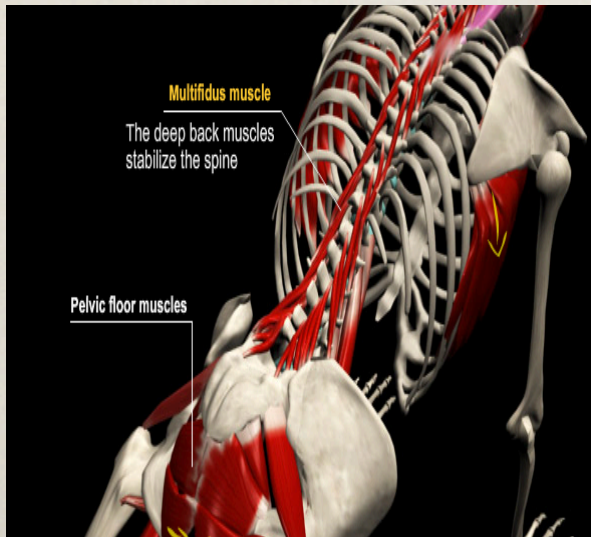
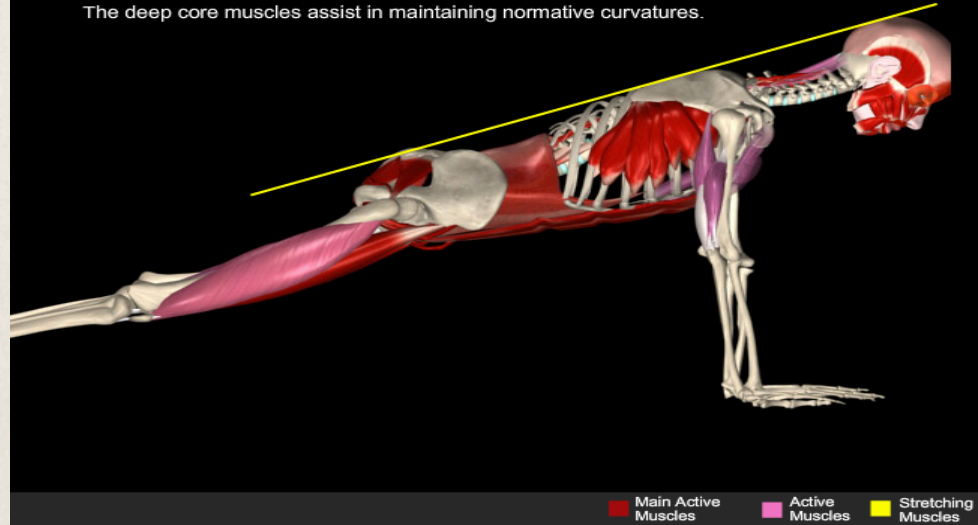
# Standing Lunge



# Plank

In normative support of the body the spine is in a neutral position (slight lumbar lordosis, pelvis slightly rotated forward).

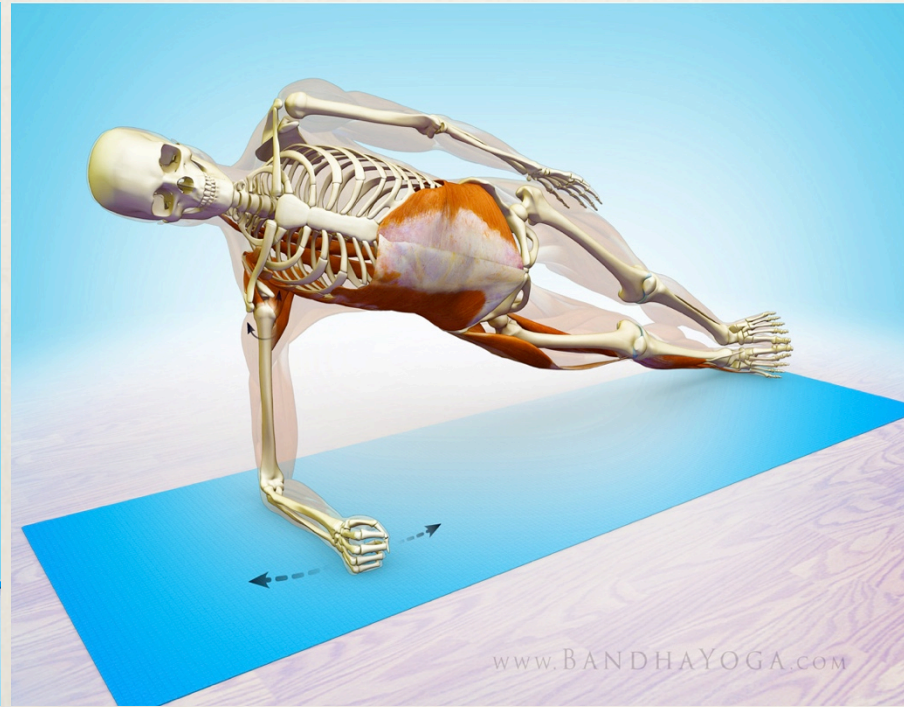
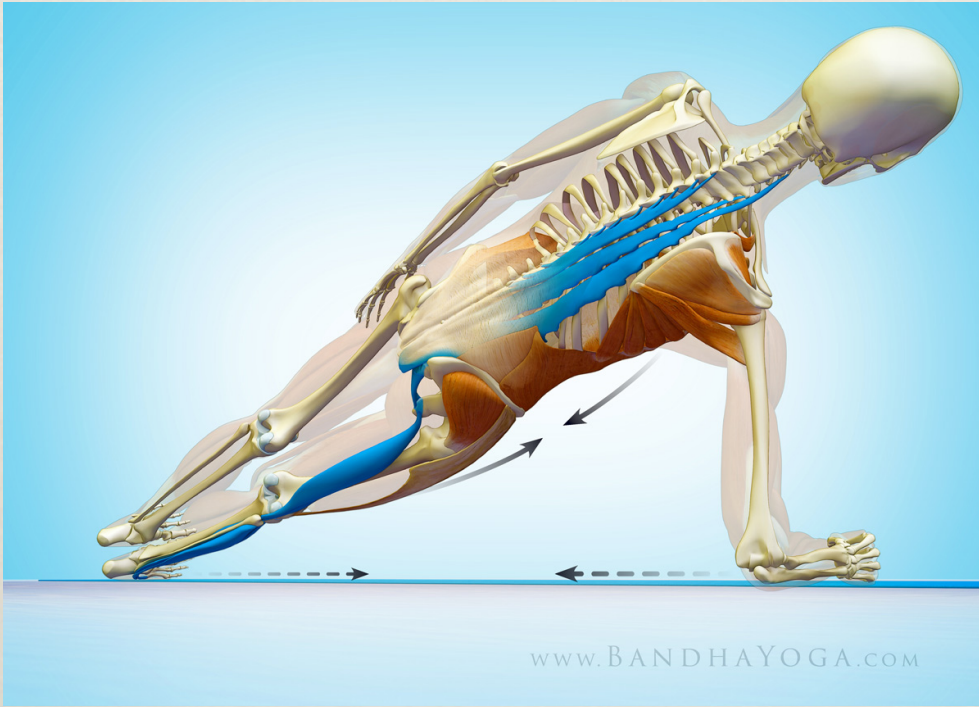
The deep core muscles assist in maintaining normative curvatures.



# Plank



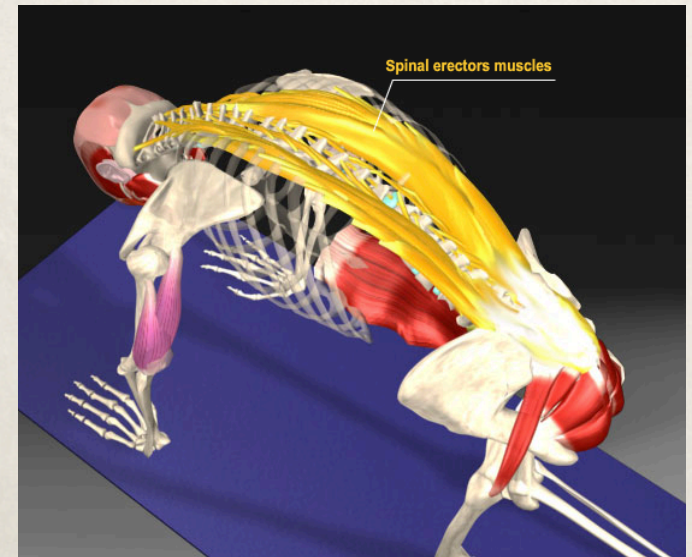
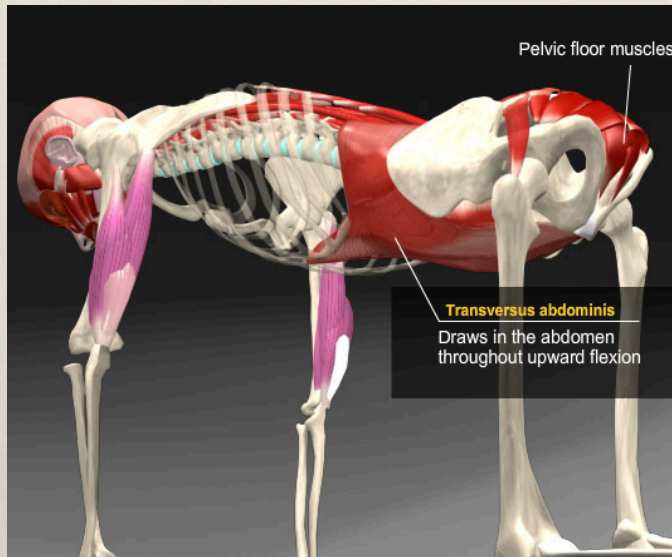
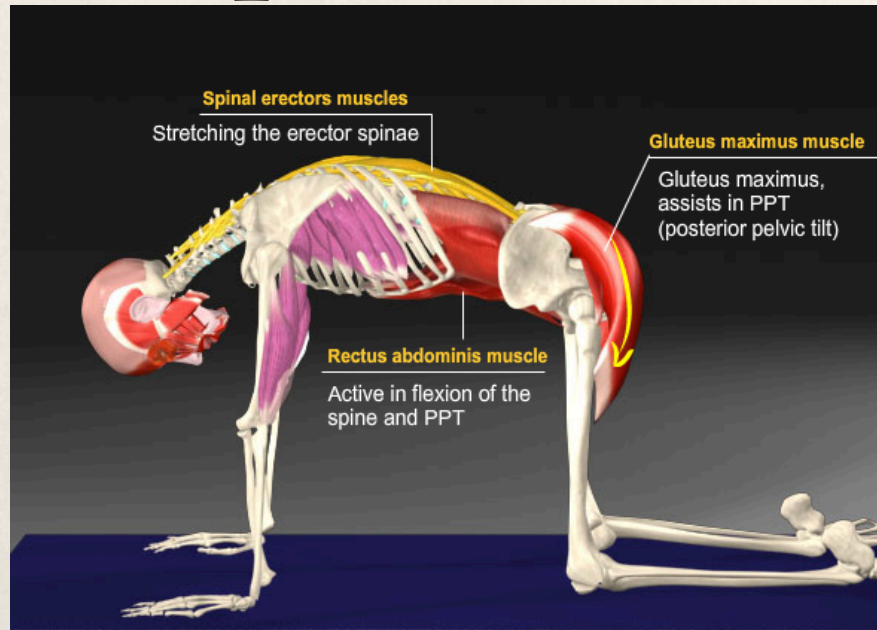
# Side Plank



# Side Plank



# Quadruped - Cat/Cow

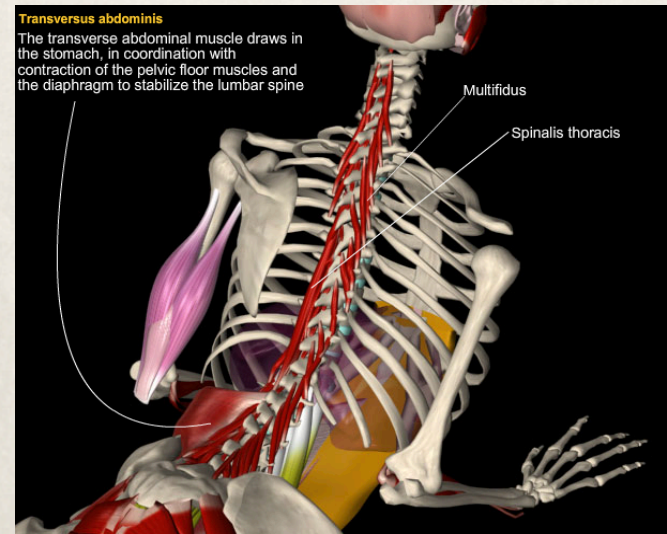
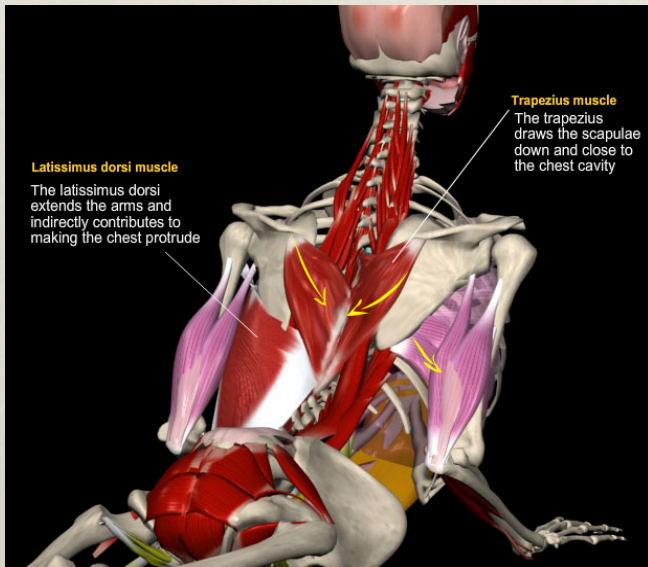
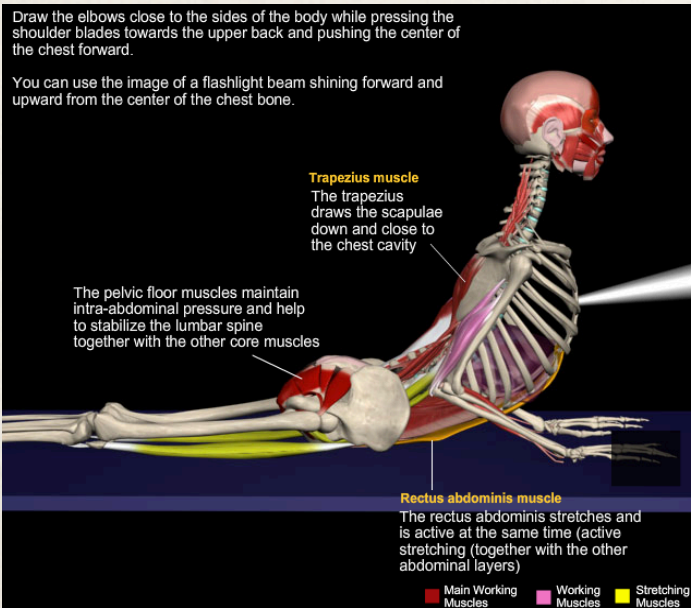




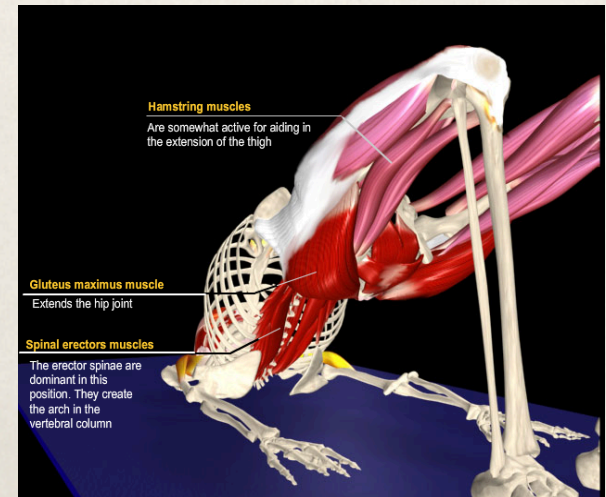
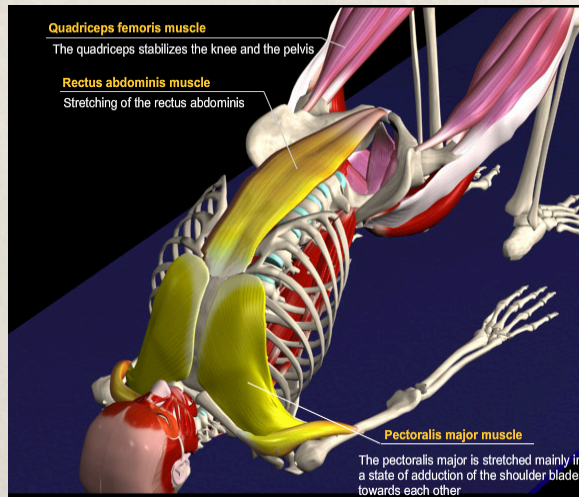
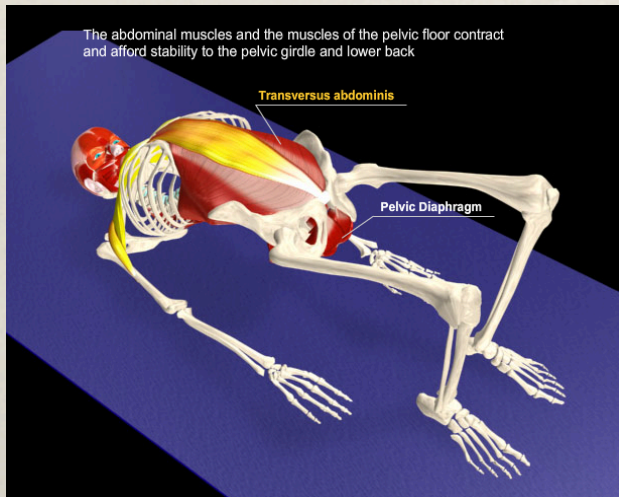
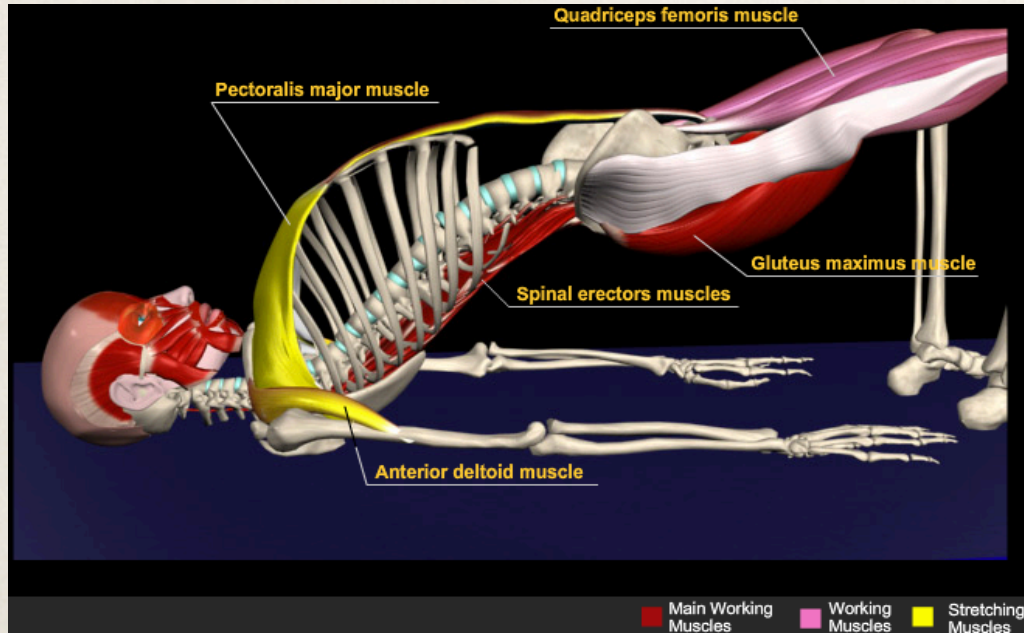
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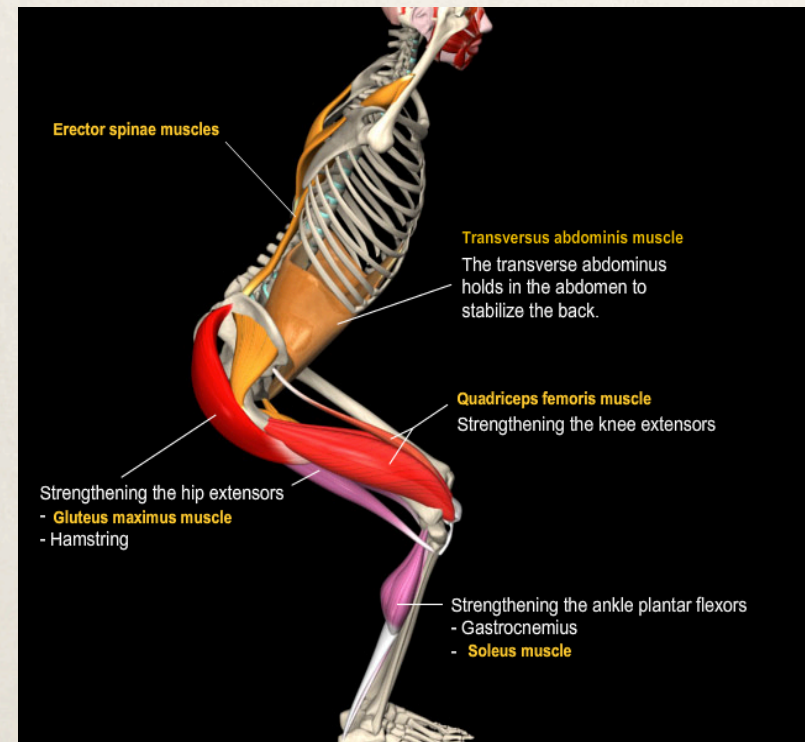
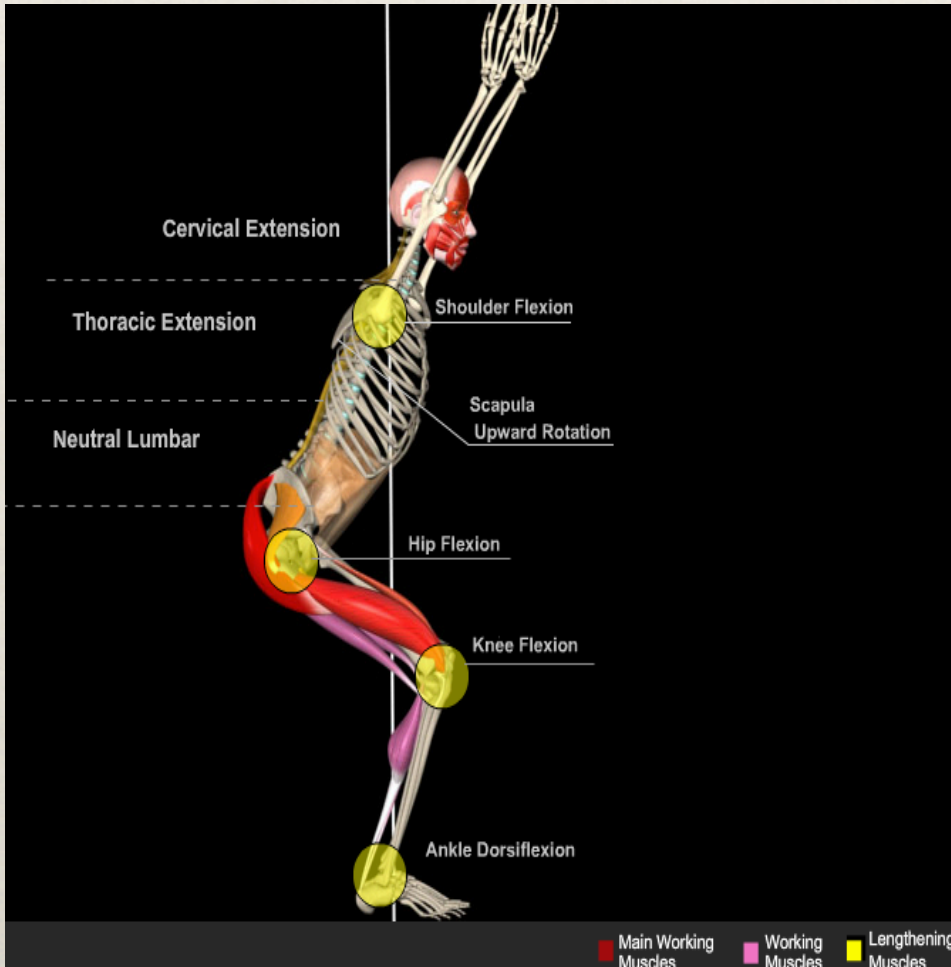
# Cobra



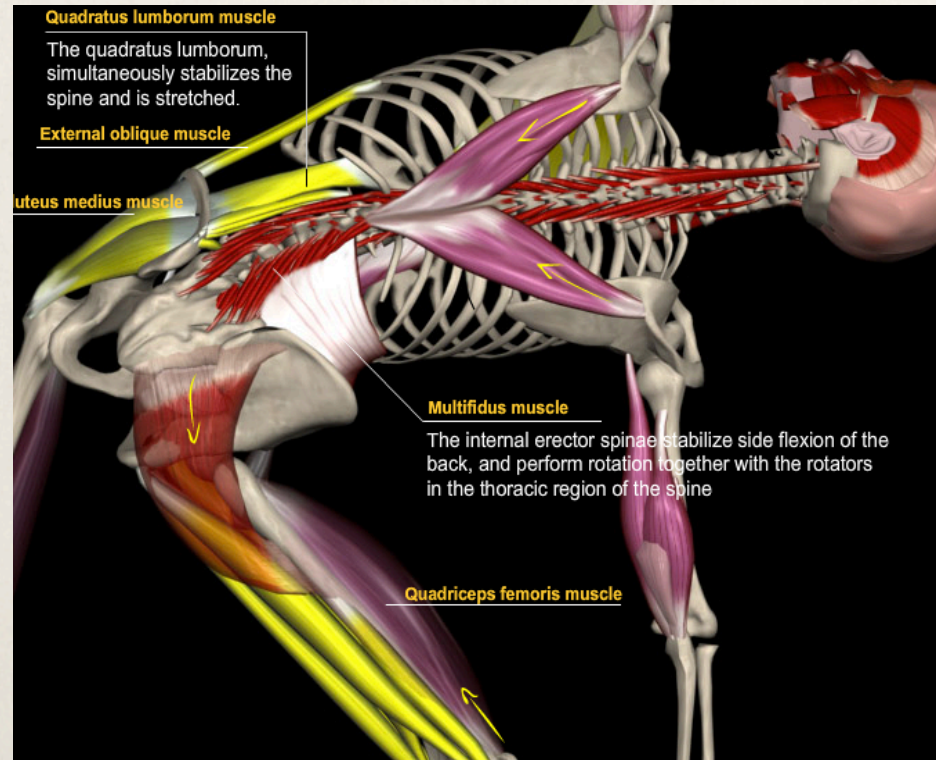
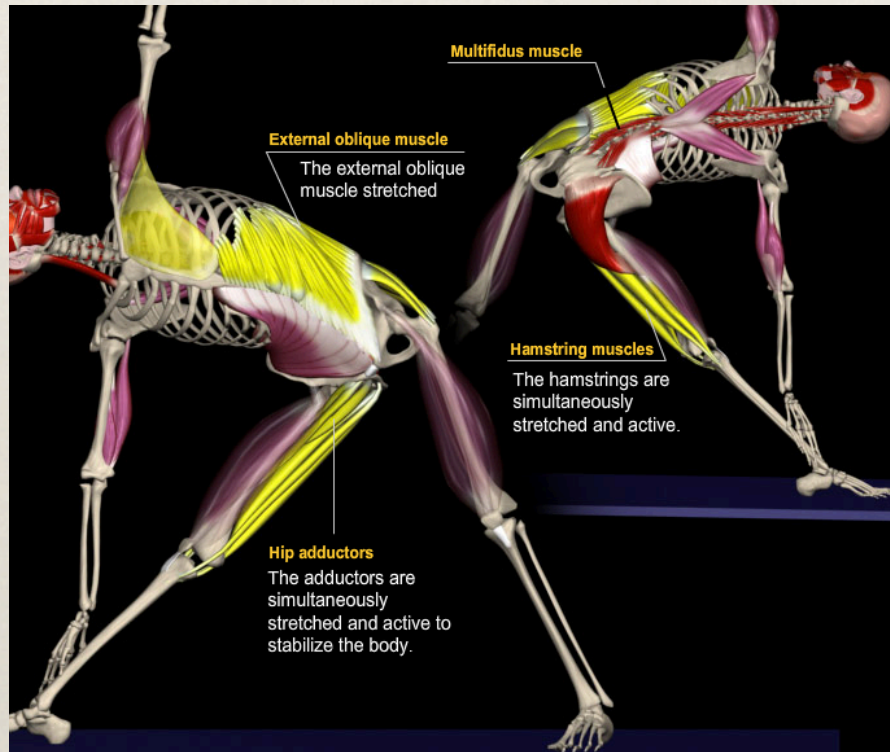
# Bridge



# Awkward Chair



# Triangle



# On-Bike Intervention



# Absolute Basics

Big Smile

Balanced Arms

Stable Trunk

Happy Hips

Neutral Pelvis

Effective Legs

Stable Feet