

# Adaptive Yoga for Essential Well-Being

---

## Leg Balances

Primary Purpose: \_\_\_\_\_

Secondary Purpose: \_\_\_\_\_

Tertiary Purpose: \_\_\_\_\_

Cautions and Considerations: \_\_\_\_\_

---

---

---

Major muscles stretched: \_\_\_\_\_

---

---

Major muscles contracted: \_\_\_\_\_

---

---

Physiological effect: \_\_\_\_\_

---

---

Notes:

---

---

---

---

# Adaptive Yoga for Essential Well-Being

---

## Leg Balances Index


# Adaptive Yoga for Essential Well-Being

---

## Leg Balances

English Name: _____ Sanskrit Name: _____	
Simple / Complex	Notes/Cues: _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
Sym / Asym	
Contralateral	
Prep / Comp	
Transition / Peak Pose	
Chair Pose	

# Adaptive Yoga for Essential Well-Being

---

## Leg Balances

English Name: _____ Sanskrit Name: _____	
Simple / Complex	Notes/Cues: _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
Sym / Asym	
Contralateral	
Prep / Comp	
Transition / Peak Pose	
Chair Pose	