

Contraindications							
							Uttanasana / Standing Forward Bends
Acid Reflux	Avoid heading being lower than stomach	Inversions					
Ankle Sprains	Take care with torsion of ankle	Seated Cross Legs		Standing Balances	Pigeon		
Asthma	Focus on regular deep breathing	Plough		Reclining Back Bends	Supported Chest Openers	Full Yogic Breath	
Arthritis	Understand which joints are effected and how this impacts their weight bearing	Downward Dog	Plank		Charturanga		
Blood Pressure: High unmedicated	Unlikely that they'll know if unmedicated	Inversions	Wheel		Restorative Yoga	Pranayama	
Blood Pressure: Low unmedicated	Take care rising to stand, can come up on an exhale rather than inhale	Inversions	Standing Forward Bends		Ustrasana / Camel		
Back: Lordosis	Likely to overarch in most standing poses and not engage the abs	Cobra	Camel		Corpse Pose	Quad Stretches	Locust
Back: Kyphosis	A flat block under the head will make reclining postures easier	Spinal flexion	Chaturanga		Arms overhead	Sphinx	Locust
Back: Disc Degeneration	A flat block for seated postures	Jump backs	Wheel		Spinal flexion	Spinal extension	
Back: Disc buldge / Disc herniation	A flat block for seated postures	Spinal flexion	Spinal extension		Locust	Quad Stretches	
Back: Fused vertabrae	A flat block for seated postures	Wheel	Cobra		Bridge	Twists	Cat / Cow
Back: Scoliosis	Explore coming in to back bends more fluidly following the curve	Cobra	Trikonasana		Wheel		
Back: Generalised back pain	Stay within a pain free range of movement	Corpse Pose	Deep Back Bends		Core Strengthening		
Carpal Tunnel / Wrists Issues	Find out how weight bearing feels	Handstand	Wheel		Downward Dog	Plank	Charturanga
Elbow: Tennis/Golf	Often have a tendency to hyperextend elbows	Downward Dog	Plank		Charturanga	Crow	
Glycoma	Inversions are out the severity and doctors advice effects to what extent	Handstand	Headstand		Shoulderstand	Down Dog	Pyramid
					Standing Wide Leg Forward Fold		Utanasana
Groin Strain	Depends how recent and how acute, if acute and recent	Butterfly Pose	Malasana				
Hamstring Injury	Depends how recent and how acute, if acute and recent	Downward Dog	Hanumanasana		Forward Bends	Locust	Hamstring curls
Hypermmobility	Watch for knees and arms locking out when weight bearing	Trikonasana	Downward Dog		Strength Based Focus		
Hypothyroidism	Endocrine issue	Ujjayi, Bhramari Breath	Shoudlerstand		Fish Pose	Bridge Pose	
Insomnia	Timing of the practise and asana selection is key	Kapalabhati Breath	Camel		Utkatasana	Navasana	Legs Up The Wall
							Chandra Bhedana
							Restorative Yoga
Knee Issues	Depends on the student, work together and avoid all sensations in the knee	Pigeon	Lotus		Hero Pose	Malasana	
Menstruation	Opinion has changed in this area and it's really up to the individual	Inversions					
Migraines	Anything with the head down can be uncomfortable	Inversions	Downward Dog		Restorative Yoga	Shoulder Stretches	Rolling out the Neck on a Block
Neck Issues	If a beginner make sure they are near you and can see you easily	Shoulder Stand	Fish Pose		Headstand	Take a straight ahead gaze	Gentle neck and shoulder stretches
Plantar Fasciitis	Inflamation of fascia on the sole of the foot	Warrior Poses	Massage out at beginning of class				
Pregnancy	Can only participate in class if at least 6 months recent yoga experience	Closed Twists	Core Strengthening Crunches		Locust	Bow Pose	Cobra
			Asymmetrical poses such as standing splits				Savasana on the left after 1st trimester
Sacroiliac Joint (SI Joint) Issues	Common yoga issue especially in hypermobile females	Twists			Locust	Back Strength Cobra	
Sciatica	A flat block for seated postures	Legs Up the Wall	Supta Padangustasana		Pigeon		
Shoulder Issues	Depends how recent and how acute, if acute and recent	Plank	Chaturanga		Side Plank	Reverse Namaste	Downdog
Sinusitis	Anything with the head down can be uncomfortable	Inversions	Downward Dog		Restorative Yoga	Om	Bhramari Breath
Key Avoid Caution Recommend							