



## Yoga – Adaptations Manual

### Equipment Used in This Video and Its Purpose:

- Artist’s Figurine
  - Used to tactile model any skill or body movement
  - Movements can mimic human body movements
- Tactile Diagram
  - High contrast diagram of yoga body movements made tactile with puffy paint
- Yoga Mat
  - Standard yoga mat helps student orient for yoga moves
- Chair
  - Any chair can be used for seated yoga positions

### Video Script and Commentary:

- Video opens with Kat (athlete) and Kirsten (teacher) standing side by side in a gymnasium.
  - “My name is Kirsten, and I am the teacher.”
  - “My name is Kat, and I am the athlete.”
- Slide of NWABA logo.
- Slide introducing video reads ‘Yoga’ with voiceover reading the slide.
- Camera pans over equipment that will be used in this video. All of the equipment is laying in a line on the floor of the gymnasium. A voiceover describes what is pictured.
  - “Picture of artist’s figurine, yoga mat, and chair.”
- Video transitions back to Kirsten and Kat standing side-by-side in the gymnasium behind a yoga mat, which is on the floor. There is



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an artist's figurine on the floor next to Kirsten's feet. Kirsten will talk about pre-teaching. For more information about pre-teaching, watch NWABA's pre-teach video.

- "In this video, we're going to be talking about making yoga fully accessible for individuals who are blind or visually impaired. We're going to show three different yoga poses, one standing, one prone, and one sitting down. Before beginning any instruction, it is very helpful to have the athlete do some pre-teaching so that they are coming in with the same language and understanding and foundational knowledge as their peers."
- Slide reads 'Orient the athlete to the mat and use an artist's figurine to demonstrate the skill' while voiceover reads the slide.
- Video transitions to Kirsten and Kat in the gym. Kirsten has an artist's figurine her hands. Kat will manipulate it as Kirsten describes the movement.
  - "I'm going to hand you our artist figurine and I'm going to describe the move, and I would like you to put our artist figurine into that position."
  - "I can do that."
  - "Great. Let's have you step your right foot forward. Just a big step forward."
  - "Doing that on the figurine."
  - "Good, and I like how you have a bend in that right knee and then how that right knee is directly above that right ankle, so that keeps good stability in that foot. Now, let's step that



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left foot back straight. Good. I like how that left leg is out straight as well. And now with our arms, we're going to bring our arms out in a "T". And I can hold on to our figurine so that you are free to move the rest of him as much as you would like.”

- “And the arms are moved out.”
- “Nice job, they are out in that "T". That looks great, and now I want you to turn the body from the hips so that he's facing the left long side of the mat since our right foot is forward. Good. And that helps open up our hips. And he will look down his right arm at his right fingertips.”
- Slide reads ‘Use tactile modeling to demonstrate the movement’ while voiceover reads the slide.
- Video transitions to Kirsten on the mat performing the warrior 1 pose the Kat feels her body using tactile modeling.
  - “And now, since you had said you would like to start with your right foot forward, I'm going to take one big step back with my left foot. I turn my left toes out to face the left long side of the mat, and my right knee is bent so that my right knee is directly on top of my right ankle. And then—you can come feel along my right knee to feel how my right knee is stacked directly on top of my right ankle.”
  - “I'm at the right side of the mat and putting my hand on your knee.”
  - “Great. Excellent. You can come along to the left side and feel how my left leg is straight, so I don't have any bend in



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my left knee and my left toes are pointed just out so that they're on the left long side of my mat.”

- “I'm at the left side of the mat and I'm putting my hand on your knee.”
- “Perfect. Excellent. And now I bring my arms out in a "T" so that my arms are perpendicular to my body, but my arms are also still parallel to the ground.”
- “I'm on the left side of the mat and I'm going to put my hand on your shoulder.”
- “Excellent. And whenever I'm ready, I step both feet to the front of the mat, and I'm facing the front of the mat again. And whenever I'm ready, I could do that pose on my opposite side, or I can link any other poses together. Are you ready to try that?”
- “Yes.”
- “Great.”
- Slide reads ‘Standing Yoga’ while voiceover reads the slide.
- Video transitions back to the gym with Kat now on the mat. Kat then performs the pose independently while Kirsten gives feedback.
  - “You're good to step—.”
  - “I'm at the front of the mat.”
  - “Perfect. Now you can step that left foot back, one big step. Nice job. I like how you have your right knee bent and your right knee is directly above your right ankle and you can bring your arms out into a "T". You're good to turn to the



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left, long side of the mat. You can take a couple of breaths here and then whenever you're ready, you can step back to the front of the mat.”

- Slide reads ‘Prone Yoga’ while voiceover reads the slide.
- Video transitions back to Kat and Kirsten standing side by side in the gymnasium standing behind a yoga mat. Kirsten has the artist’s figurine in her hands.
  - “Now I'm going to describe our prone yoga pose using our artist's figurine. And so, since it's prone, for this exercise you're going to start with lying face down on the mat, so you're lying on your stomach. I'm going to hand you the artist's figurine, and they're going to start laying down, face down on the mat. You're going to have them bend their elbows so that their hands are underneath their shoulders. And he's going to plant his hands firmly on the ground and then push up on his arm, so that he straightens his arms and brings his top half of his body up off of the ground, and straighten his arm. So right now, I have his right wrist directly underneath his right shoulder. Do you want to do the same with the left side?”
  - “Yes, I can do that. There we go.”
  - “Nice job.”
- Video transitions to Kat on the mat laying on her stomach in the prone yoga position.
  - “Great. I like how your hands are well placed right underneath your shoulders. Your elbows are tucked in to



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your sides, and whenever you're ready, you can push up and straighten those arms. Good job. Nice arch in your back. I like how your nose is not up too high. You've got a nice bend in your neck without hyperextending it. And whenever you're ready, you can bring your chest back down to the ground. “

- “Chest going down.”
- Slide reads “Chair Yoga’ while voiceover reads the slide.
- Video transitions to Kirsten and Kat in the gym. The yoga mat is gone and there is now a chair which Kat is sitting in. Kirsten has an artist’s figurine in her hands.
  - “Now we are going to describe a yoga pose for an individual who is going to do it seated. Kat, I'm going to hand you our artist's figurine, and I'm going to describe what you are going to do with it. I'd like you to first bring her to a seated position such as you are sitting in now.”
  - “Bringing her to a seated position.”
  - “For a forward fold, as we breathe in, we're going to bring our arms straight above our head. So, I would like you to bring her arms straight above her head. Nice job. And then as you breathe out, I'd like you to bring her fold in half and reach down to touch as far towards her toes as you can.”
  - “There we go.”
  - “All right. Whenever you're ready.”
- Video transitions to Kat performing the movement the Kirsten gives feedback.



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- “Nice flat back, really push that back in toward your thighs, and then you can sit up whenever you're ready with that big breath in. Nice job.”
- Slide reads ‘Be patient, it may take several attempts for the athlete to progress in the skill’ while voiceover reads the slide.
- Video transitions back to Kat and Kirsten standing side by side in the gymnasium facing the camera. There is no equipment in the shot.
  - “And so those were three examples of how to teach different yoga poses to an individual who is blind or visually impaired. With good communication and good pre-teaching, yoga can be something that is fully accessible to everyone and greatly enjoyed throughout the lifetime.”
- Slide reads ‘For more, visit the Sports Adaptations page at [www.nwaba.org](http://www.nwaba.org). Thank you for watching!’ while voiceover reads the slide.
- Slide of NWABA logo.