a wall or on a chair, seated forward bends, bridge, plough, seated and supine twists. Some of these poses may not be possible or will require assistance to help support body weight and supplement spatial awareness. Defining the boundary between work and pain is really important, so that yoga practice leaves a positive and welcoming memory for each student.

Mudras and Massage

For the brain, mind, coordination and sensitivity training – hold the hand and body positions regularly. Combining simple mudras or gestures with awareness of breathing promotes improved dexterity and the ability to handle the stress of impaired motor control during tasks like brushing the teeth. Apply regular massage.

- **San Mukhi Mudra** with **Brahmari** for calm and centring

Softly seal any or all of: ears, eyes, edges of the mouth and nose and observe Brahmari mantra as you exhale 'mmmmmmmmmmmmm'.

- **Varuna Mudra** which helps to alleviate muscle shrinkage and soreness.
- **Hakini Mudra** – place the tips of the fingers and thumbs together, for centring calm and balance for brain and mind.
- **Vayu Mudra** – Curl the thumb over the second joint of the index finger and hold a few minutes for joint, head and neck pain.
- **Prana Mudra** will enhance eyesight.

Chanting or 'heartfelt speech therapy' and pranayama practices maximise oxygen uptake in the central nervous system. Chanting and drumming enhance postural stability, coordination, sensory perception, creativity, self-expression and social skills.

- **Alternate Nostril Breathing.** Cover right nostril, then exhale and inhale through left. Switch to the other side. Repeat the cycle five minutes. If the student can't do both sides, focus on: exhale right and inhale left nostril.

Tongue and pelvic floor exercises to help stabilise the jaw and pelvis. Practice exhaling and sticking out the tongue as far and long as possible. Then exhale and lift the pelvic floor up gently or pull in the lower belly to the spine. Pause, relax and inhale in to the belly.

Mandala Gazing will help to still the mind, aid internal observation and communication skills of feelings and needs.

Yoga Nidra or yogic sleep provides deep relaxation of the body, mind and senses. This will improve sleep, healing energy levels and awareness. Lie down and relax for a few minutes. Feel the body's weight and listen to or count breaths. This can be done aloud to start – inhale through the nose and exhale through the mouth, "1" and so on. Observe the body parts – the skull, the right arm, left arm, right leg, left leg. Observe the chest and the back. Observe the belly. Observe the movement of the breath in and out of the body and rising and falling of the abdomen and chest. Observe the exhalation and allow it to lengthen as you say "hhhhhhaaaaaaaaaaaaaaa." Inhale through the nose into the pit of the abdomen, below and behind the navel. Breathe with one hand on the navel and one on the heart. Breathe with one hand on the heart and other on the forehead. Breathe with one hand on the forehead and other on the navel. Breathe with both hands on the navel.

For more information about Pranasana Yoga, Relaxation, Balancing, Stability or Energy Raising Audio CD's, DVD's or books, visit **pranasanayoga.com** or email **matt@pranasanayoga.com.**

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