



AFAA™

YOGA-BASED EXERCISES:

Progressions, Regressions, Common
Form Mistakes, and Cues to Correct

Camel Pose



A



B



C

Progressions	Lengthen palms down flat onto soles of feet
Regressions	Hands stay at the back of pelvis
Common Form Mistakes	Letting lower ribs lift up
Cues to Correct	Draw ribs in, lift up through chest

Chair Pose



Progressions	Lift heels, lower buttocks to heels, extend arms forward Place a block between thighs
Regressions	Perform pose near a wall so, in lowered position, tailbone just touches wall, offering support
Common Form Mistakes	Shoulders lift up toward ears Knees not aligned Low back arch
Cues to Correct	Draw shoulders down away from ears Draw knees evenly together Lengthen spine and draw navel toward spine Engage and lengthen through arms

Crow Pose



Progressions	Squeeze legs against arms, straighten elbows Draw inner knees up near armpits
Regressions	Bring just one foot off floor at a time
Common Form Mistakes	Gaze directed back rather than forward
Cues to Correct	Look slightly forward, not back Where eyes go, body follows Elbows over wrists

Downward-Facing Dog Pose



Progressions	Perform on one leg and opposite arm
Regressions	Drop to knees
Common Form Mistakes	Gaze Forward Back arched Weight in hands
Cues to Correct	Draw shoulders away from ears Press through palms Press through heels Lift up through sits bones Draw thighs toward back wall Shift weight back into hips

Eagle Pose



A



B

Progressions	After pointing toes downward, press foot back and hook top of foot behind lower right calf
Regressions	Use a wall for balance
Common Form Mistakes	General misalignment
Cues to Correct	Stack shoulders over hips and elbows over knees.

Standing Bow Pose



Progressions	Use both hands when grabbing
Regressions	After grasping lifted foot, remain in this position Use a wall for balance
Common Form Mistakes	Bending standing leg
Cues to Correct	Engage leg through quadriceps

Side Angle Pose



Progressions	Bring right palm flat on floor Bring right thigh parallel to floor
Regressions	Rest right hand on block Decrease bend in right knee
Common Form Mistakes	Back heel lifts as front knee bends
Cues to Correct	As front knee bends and torso lowers to side, press strongly into back heel as though pressing back wall away Press through outside of back heel

Warrior III Pose



Progressions	Draw arms back, palms down
Regressions	Balance on one foot with body upright Balance on one foot with hands by sides
Common Form Mistakes	Chest sinks down Back leg sinks down Hips are uneven
Cues to Correct	Lift through chest and draw shoulders back away from ears Engage back leg Press through heel and point toes to floor Lower hip of lifted leg to align with other

Wheel Pose



Progressions	Lift heels, press tailbone toward ceiling Walk feet closer to hands
Regressions	Support hands or feet on blocks
Common Form Mistakes	Knees and feet turning out
Cues to Correct	Press tailbone toward ceiling Chest forward Keep feet and knees in line with hip