



Water is life

#WORLDWATERDAY





Aquatic Integration moves and Yoga Poses that correspond and the benefits of both





Halasana - plow pose

Strengthens paraspinal muscles
and low back, soothe organs,
stimulate digestion, and open
shoulders and upper back, calming



Paschimottasana forward fold

Stimulates circulation in abdomen,
lowers blood pressure
and releases all muscles on back of body,
encourages introspection



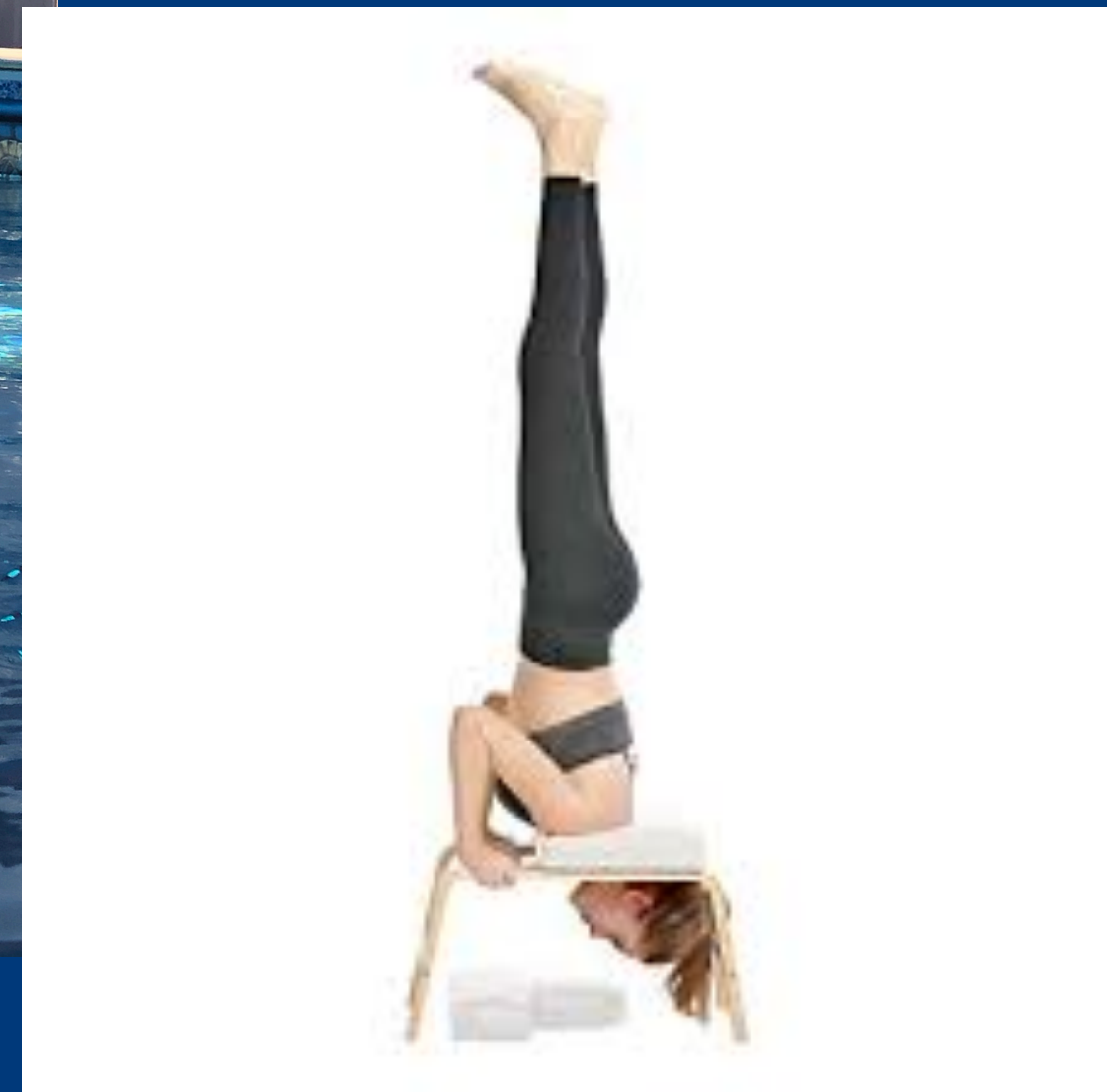
Cervical ASIS Traction

Length in cervical and entire spine, hamstring stretch,
paraspinal and upper trapezius stretch,
decompression of low back and hips,
excellent for light Hara work, movement and opening
in hips, low back, and IT Band with different step pattern



Cervical Distraction

Creates length in cervical spine, uses gravity to aid in decompression of torso, low back and hips, can allow movement through the spine and hips with a wide step pattern for those that do not have low back issues



Sarvanghasana Supported Shoulder Stand

Cooling and calming, aids in balancing endocrine system, reduces edema, and regulates elimination, creates length in cervical spine

Hammock

Stretch for hamstrings and glutes,
length in the back muscles and spine,
comforting/nurturing hold, movement in hips with
different step pattern that can create a rocking feel



Balasana Childs Pose

Calming and centering, encourages
relaxation response, releases lower back,
relaxes shoulders, and stretches quads



Starfish

Great opening/pressure in side body and on gallbladder meridian, opens adductors on opposite leg, stretch in held arm and leg effecting triceps, flexors, pectorals, intercostals, hamstrings, and calf muscles, excellent for sciatica



Ardha Chandrasana Half Moon Pose

Improves coordination and balance, strengthens knees and lateral muscles, tones paraspinals, relieves sacroiliac and aides in sciatic discomfort, relieves stress

Arm Over Head Side Bend

Opens entire side/lateral body, creates space in the intercostals, scapula mobilization, pressure along gallbladder meridian, lateral movement in spine, invites freedom



Urdhva Hastasana Standing Side Bend

Grounding, helps establish good posture, stretches lateral side of body and waist, opens intercostal muscles, effects gallbladder meridian



Cervical ASIS Traction

head on shoulder

Length in cervical and entire spine, secure and comforting hold, stretch in hamstrings, decompression for low back and hips, can create a sway motion with wide step pattern, beneficial for those with low back issues as hands are placed on hips



Dandasana

Staff Pose

Strengthens lower back, releases hamstrings, and tones the entire torso, improves posture

Hammock without noodle

Deep fold creating a stretch for entire back, glutes and hamstrings, beneficial for intestinal issues, good for some back pain, decompression of hips and low back, nurturing hold, can add movement with change in step



Apanasana Knees to Chest

Relieves lower back pain, and aids in relief of gastrointestinal discomfort



Diagonal Arm/Leg Stretch

Opens intercostals, flexion in hip flexors, stretch in hamstring, invites a stretch in back and length to neck and arm, can add massage to loosen the quad muscle, invite opening of medial leg that is off shoulder



Stretches and releases hip flexors, adductors, chest, shoulders, arms and legs, elongates lower back, aids in balance, massages abdominal organs



Parivrtta Anjaneyasana Twisting Lunge

Arm Leg Rock

WATSU r move

Twist that is excellent for gastrointestinal issues and spine, opens shoulder, chest, glutes, and IT band, as well as hip flexors and entire anterior leg that is off the noodle, invites additional mobility through out the body



Relieves lower back pain, stimulates large and small intestines as well as liver, increases mobility in shoulders and upper back, stretches hips and glutes



Ardha Matsyendrasana Seated Twist

Knee on Shoulder

Decompression of hip and low back,
possible to introduce stomach work,
stretch for hamstrings, possible to work on
quads, hips or low back, creates length
in entire spine with head on pillow



Anjaneyasana Modified Lunge

Stretches legs, glutes, and hip flexors,
lengthens anterior leg, aids in balance,
and strengthens spine



Reverse Triangle

A twist that allows opening in anterior leg/hip flexor that is off shoulder and entire same side of body, stretch in opposing leg, hip/low back and glutes, invites aid in digestion and increased circulation in intestine



Trikonasana Triangle

Relieves back aches, sciatic, and sacro-iliac, tones legs, and opens hips, chest, arms, great for balance and anxiety

Head on Shoulder Scapula Press

Thoracic opener, creating space in between ribs, opens sternum and throat, allows for a greater breath, lengthens entire anterior body, helps in scapula and rhomboid mobilization



Matsyasana Fish Pose

Opens chest, relieves tightness in chest
thoracic, diaphragm and throat,
lengthens entire anterior body



Parivrtta Utthan Pristhanasana

Twisted Lizard

Stretches chest, arms, torso, legs,
hip flexors, and glutes, relieves pressure
on internal organs,
effects liver and gallbladder meridians



Pinwheel

Opens hip flexor and quadricep, stretch of
opposite arm and shoulder, invites a back bend
and opening in stomach, rib cage and arm
that is released, allows unwinding
of fascia in spiraling effect



Arm Leg

Rock

WATSU r move

Chest and shoulder opener, twist that aids in digestion, hip/femur rotation, hip flexor/leg lengthener, increases flexion and extension, decompression of hips



Ardha Matsyendrasana

Half Lord of Fishes

Reduces low back pain, stimulates intestines, increases mobility and strengthens shoulders, stretches hips and glutes



Kicking Back

Thoracic opener, stretches pectorals and shoulders, allows for a backbend, possible hip decompression, length in anterior body, invites deeper breath, possibility of lateral movement in legs and hips

Anuvittasana Standing Back Bend

Improves posture, strengthens legs and back, stretches anterior body, great for elevating mood



Parivrtta Anjaneyasana Revolved High Lunge

Strengthens legs, stretches hip flexors, glutes, upper back, shoulders and rib cage, lengthens spine, excellent for balance and stimulates internal organs



Arm Threaded Between Legs with Hand on Hip

Length in back, flexion in top leg and hip with extension in leg and hip flexor of opposite side, invites side lying position, decompression of submerged side of body



Dolphin Wave

Offers a gentle twist, opens shoulders and rib cage, creates a longer anterior body, decompression of far shoulder and arm, lengthening of neck, can add flexion in hips with different step pattern



Setu Bandhasana Bridge Pose

Stretches front of body, strengthens back of body, improves digestion, energizing, can ease anxiety



This is a small example of yoga poses that correlate to moves in Aquatic Integration. There are many, many more poses that can compliment these photos and all the moves that are done in the water.