In many poses we can change the form slightly by repositioning the arms or legs, creating a *Pose Adaptation*. Pose adaptation is one of the most effective tools yoga teachers have to achieve very specific structural, energetic and mental-emotional effects.

1. SET AN INTENTION – What are you trying to accomplish?

STRUCTURAL	ENERGETIC	PSYCHO-EMOTIONAL
To work a specific body area. **Ex:** To stretch the side of the neck and loosen up the shoulder.	To create a specific energetic effect. **Ex:** To promote deeper breathing (esp. Inhalation) for brhmana effect.	To manifest an idea or facilitate a state of mind**.** **Ex:** To use symbolic gestures to take things in and let things go.

2. PICK AN ADAPTATION that serves your intention.
For example, if your intention is to relieve neck tension and loosen up the shoulders, you could choose the "arm sweep" adaptation, which is very effective for increasing circulation to the lateral structures of the neck and increasing the range of motion in the shoulders.

3. CHOOSE THE POSES to which you can add this adaptation. It's best to pick poses that move the spine in different ways (forward bends, back bends, twists, etc.) Add the adaptation to 3-4 poses.

4. BUILD A PRACTICE
- Arrange the poses according to intensity (from less intense to more intense).
- Insert compensation poses throughout.
- Add appropriate warm-up.
- Add appropriate ending that would support your intention (breathing practice and/or meditation/visualization)

WHEN YOU TEACH THE PRACTICE
- Explain the intention to your students.
- Demonstrate the adaptation and have your students practice it in a seated or standing position (if they are not familiar with it).
- Specify where the action should be taking place and what areas are you looking to affect.
- Continue to bring students' attention to the target area throughout the practice.
- At the end give them time to observe the effect of the practice both in the target area and throughout the entire system.