



Modifying a yoga practice

*A Conversation - Knoff Yoga
Student Danielle Elliott and Master
Teacher James Bryan*

Hi James,

Thanks for the regular inspiration and education through the weekly philosophy emails. In the theme of consideration, I do have something that I'm contemplating and would love your input on.

I'm currently living in Golden BC with my partner who is a white-water rafting guide. His employer has asked me to run some Yoga classes for the team this summer season.

Having just arrived, without an intention to stay long, I do not have any equipment or feel to invest at this stage. I have met many of the rafting guides and feel that a lot of them will need props to be safe and comfortable in the class (which will likely be held outdoors undercover).

I trust we will be able to source mats, however I am concerned that I will not be able to safely and effectively guide a Knoff Yoga class without blocks and straps. Specifically, my main concern is around having people do the squat sequence and sit on the ground. I also see some potential issues with standing postures and forward bends.

Do you have any recommendations on how I could effectively and responsibly approach this situation?

Much appreciation and love,
Danielle

Dear Danielle,

I would omit Bhumi Namaskar and focus on the rest of the Discovery syllabus.

I assume most of the water rafting guides wear pants? If so, they probably have belts, but if not, then even a singlet or tee shirt would do the belt job.

If the weather permits, it might be good to do the practice on grass, if that is an option. As far as sitting on something, what about the life vests? In these situations, you have to get creative.

I assume the guides are young, strong and fit, but probably a bit tight and stiff in their bodies. The asanas in the Discovery syllabus are safe (with proper guidance) and will make the guides feel great!

James