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## **Yoga Therapy Videos**



**View our YouTube channel**

**Supine**

**Zoom YT Class Supine Legs & Feet 1**

**Zoom YT Class Supine Legs & Feet 2**

**Zoom YT Class Supine Hips 1**

**Zoom YT Class Supine Lower Back 1**

**Zoom YT Class Supine Lower Back 2**

**Zoom YT Class Supine Upper Back, Neck & Shoulders 1**

**Standing**

**Zoom YT Class Standing Legs & Feet 1**

**Zoom YT Class Standing Legs & Feet 2**

**Zoom YT Class Standing Hips 1**

**Zoom YT Class Standing Hips 2**

**Zoom YT Class Standing Lower Back 2**

**Other videos**

**Life Without Limits: Adapted Yoga** featuring Maggie Reagh at the CP Yoga event. CPABC's adapted yoga offers a safe, calm environment for people with physical disabilities to explore yoga in a non-competitive and supportive environment. The program also examines meditative breathing and movement. *-Info about how to join classes -*  
<https://www.bccerebralpalsy.com/programs/adapted-yoga/> *-YTI Resource for Movement Disorders -* Download the associated document

**Extended Side Angle for Scoliosis Workshop** by Maggie Reagh for Yoga International's Anatomy and Yoga Therapy Conference

**The Power of Yoga Therapy** by Maggie Reagh for International Association of Yoga Therapists

**Yoga Therapy International Promotional Video**

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