Physical Therapy Activity of the Week-

This week we chose two fall themed yoga poses for our activity! We have seen many classes doing the cat pose this week and last. The students seem to enjoy the poses when they can imitate animals movement! You can modify the spider pose by leaning up against a wall or you could do it in sitting if needed! You can also be creative with the fall theme and pretend to move like a falling leaf, stand like a big round pumpkin, or even roll up in a ball and roll around like a pumpkin.

Have fun!!!!