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This next section will be done on the DDP

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under that Tracker

section. 1a. Take six

pictures of yourself as

shown on the DDPY

App, 1b. Record

Starting weight, Current

weight & Goal weight,

1c. Take measurements

as instructed, 1d.

Record your Pain levels,

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*1e. through 1g. are optional
1e. Get your Blood Pressure taken,
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Because Dallas (DDP) had so much experience in many other areas of fitness, he quickly started mixing elements of yoga with his rehab and traditional calisthenics. For almost a decade, DDP has refined his program and has become a master at teaching it to others, as well as motivating

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to fitness that combines
the best of yoga
positions, sports rehab
therapy, old school

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calisthenics and
dynamic resistance to
give you a complete
workout that requires
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and how to jack up your heart rate to reach your fat burning potential while toning and sculpting your body with lean, chiseled muscles. Breathing – 6 Minutes. Learning how to breathe is one of the most important principles of DDP Yoga. Oxygen is the fuel for your muscles.

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The DDP Core
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About Training - DDP
Network

DDP is a therapy,
parenting approach and
model for practice that
uses what we know
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developmental trauma
to help children and
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Developing trust with
the help of PACE ,

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DDP provides interventions for families and those who support them.

DDP Network - The home of Dyadic Developmental Psychotherapy
CooSpo Heart Rate Monitor ANT + Bluetooth 4.0
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However, yoga does count as a strengthening exercise, and at least 2 sessions a week will help you meet the guidelines on muscle-strengthening activities. Activities such as yoga and tai chi are also recommended for older adults at risk of falls, to help improve balance and co-ordination. Try our

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yoga workout videos in
our Fitness Studio.

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