



DIGESTIVE SYSTEM AND TWISTS



WITH MICHELLE RAE SOBI



QUESTIONS:



WHAT IS THE DIGESTIVE SYSTEM?

HOW DO TWISTS AID THIS SYSTEM?

WHY DOES REVOLVED SHOULDER TWIST
AID THIS SYSTEM?



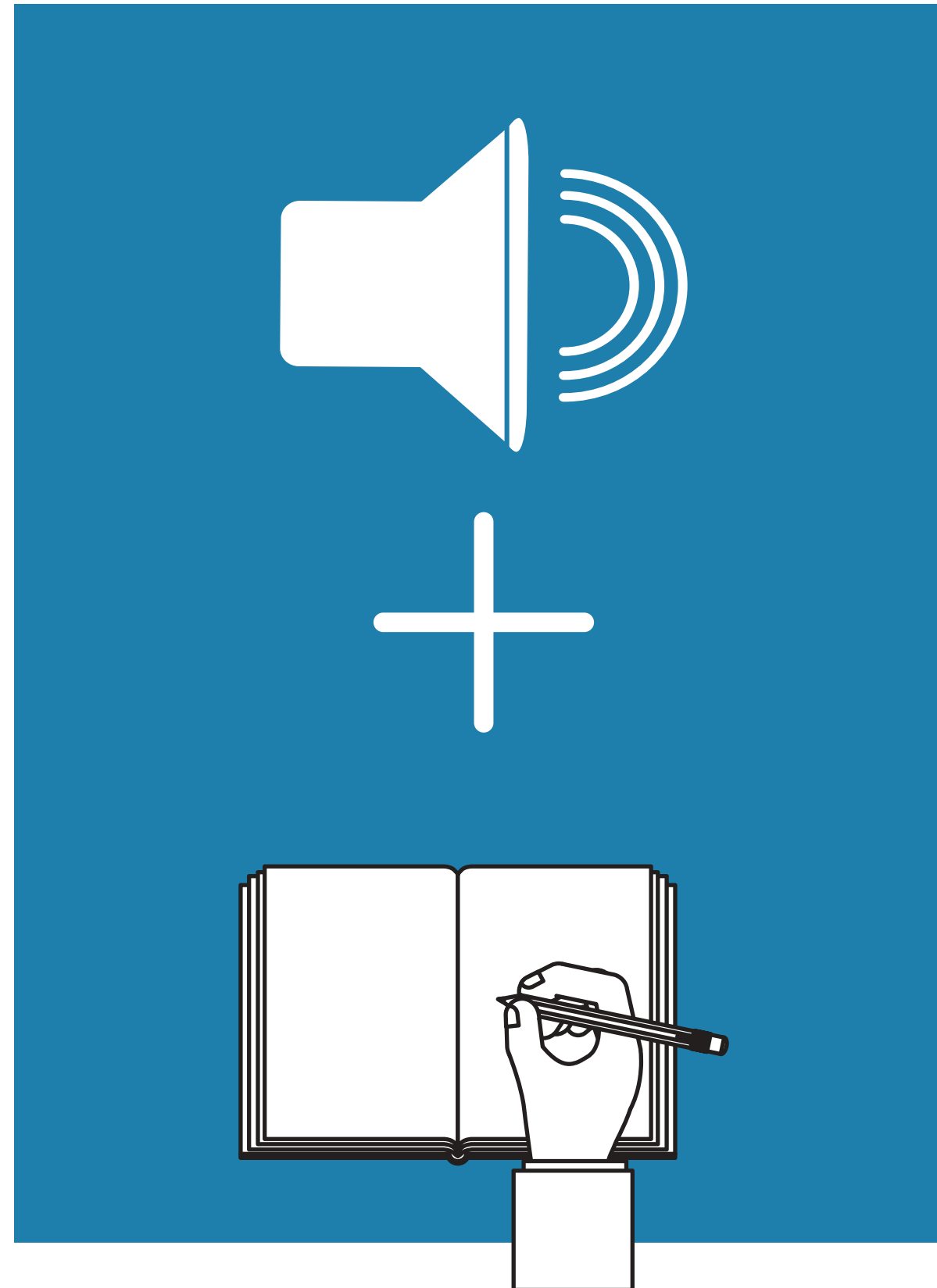


JOURNALING EXERCISE



LISTEN TO THE
LESSONS:

THE DIGESTIVE
SYSTEM
& REVOLVED
SHOULDER
TWIST



JOURNAL YOUR
REFLECTIONS.

WHAT DID YOU
TAKEAWAY ON THIS
SYSTEM?

HOW CAN THE
ASANA AID IT?

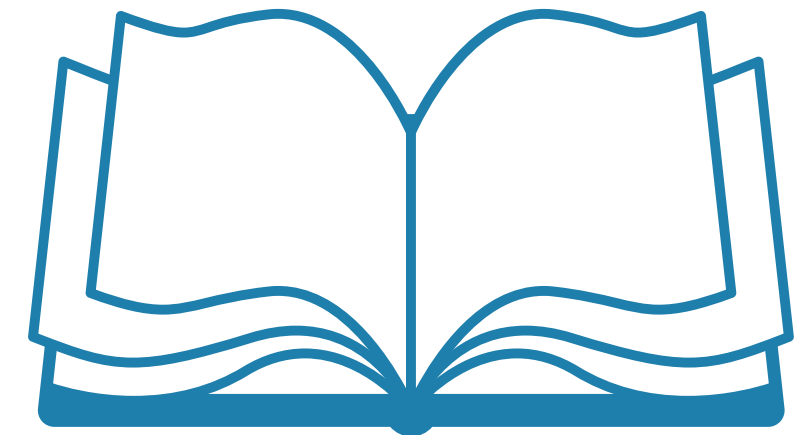


THINGS YOU'LL NEED FOR THIS LESSON:



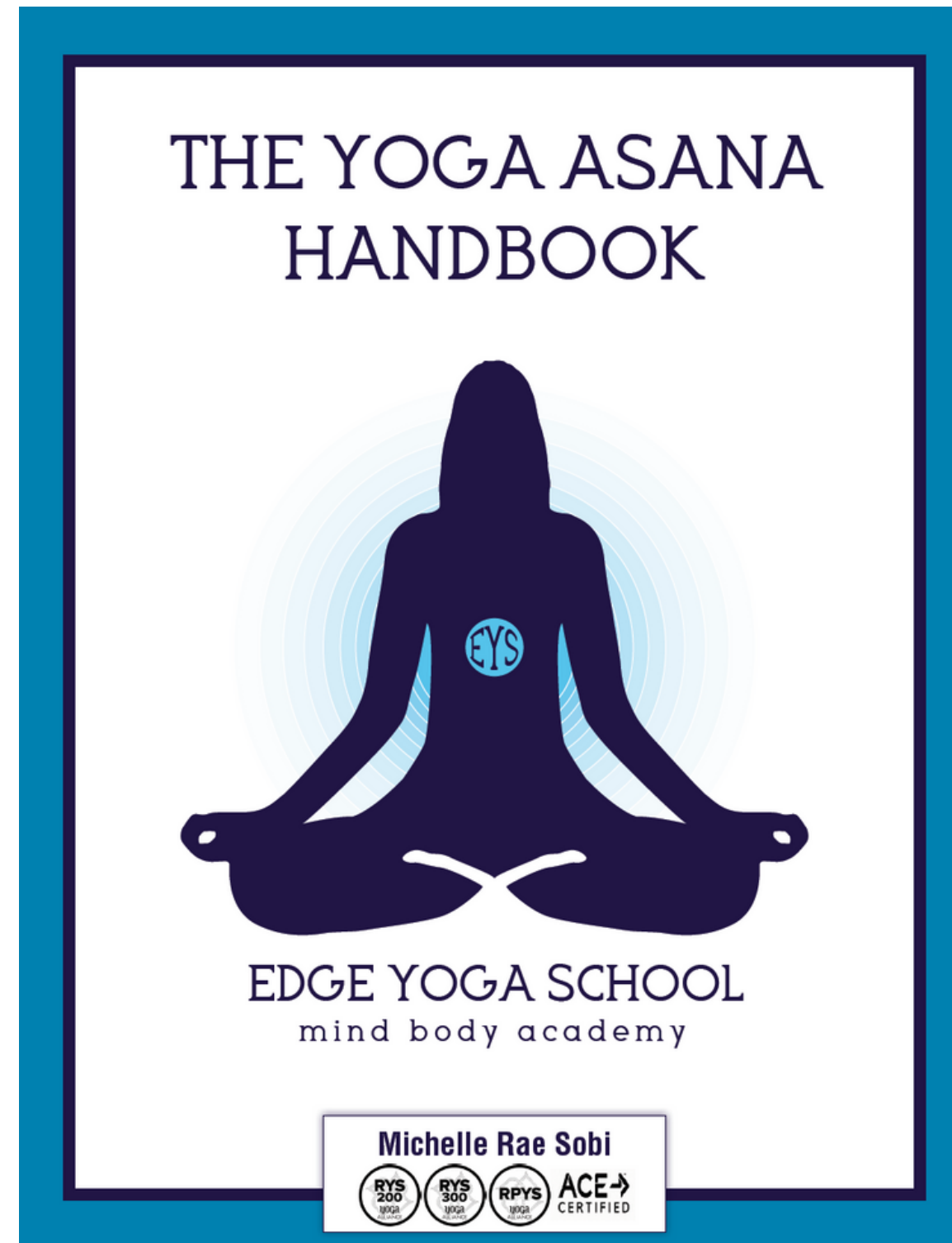
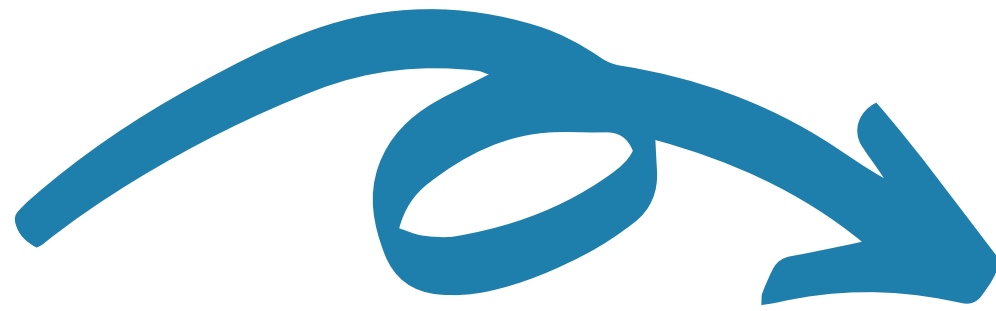
YOGA ANATOMY
BY KAMINOFF & MATTHEWS
2ND EDITION

YOGA ASANA HANDBOOK
BY MICHELLE RAE SOBI





YOGA ASANA HANDBOOK



FOR THIS
LESSON,
YOU'LL
NEED
YOUR
HANDBOOK



YOGA ASANA HANDBOOK




OPEN TO REVOLVED SHOULDER TWIST

ASANAS

REVOLVED SHOULDER TWIST

JATHARA PARIVARTANASANA



CUES
Begin in Knees to Chest pose. Drop knees to the right. Outstretch arms. Gaze follows left arm. Switch.

QUALITIES
Soft belly. Outstretch legs. Keep neck soft and allow gaze to follow arms.

MODIFICATION
Toss arms to the left and legs to the right. Switch. Keep both arms outstretched.

Good for the circulatory and nervous system. Let go and relax into the pose. The body falls earthbound with a soft mind.

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FILL OUT THE
WORKSHEET ON
PAGE 100

THE WORKBOOK

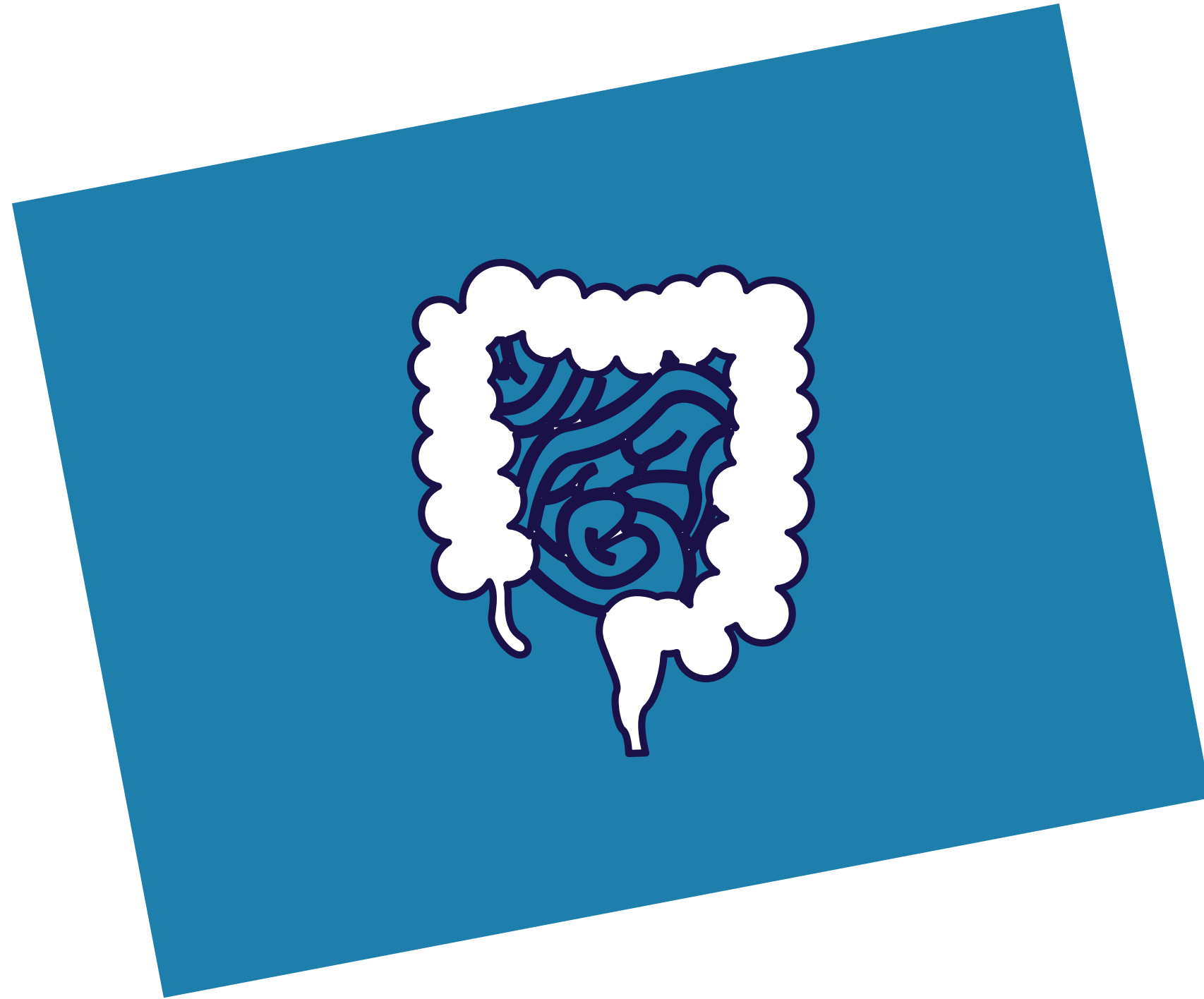
ANATOMY OF ASANA

Yoga and anatomy are closely tied together. Yoga affects the body on a muscular, connective tissue, skeletal and cellular level.

<p>In what ways does yoga change the muscular structure to improve health?</p>	<p>How do the postures in yoga work to enhance the connective tissue?</p>
<p>How does yoga go so deep it affects the skeletal structure and how so?</p>	<p>Going even deeper, how does yoga penetrate the cellular level and the benefits that result?</p>

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CONSIDER
THE IMPACT
OF THE
SYSTEM BY
THIS ASANA.



HOMework



TAKE-AWAY

CREATE A
CLASS TO INCLUDE
MOUNTAIN AND A
MEDITATION
SCRIPT.

THE WORKBOOK

CREATE A CLASS

It's your turn to teach! Create a yoga segment. Be sure to include different movements of the spine: neutral, flexion, extension, lateral bends, rotations and inversions. Break out into groups and teach one another 3-4 posture sequence.

Name of class:

Posture #1:

Cues:

Qualities:

Modifications:

Posture #2:

Cues:

Qualities:

Modifications:

Posture #3:

Cues:

Qualities:

Modifications:

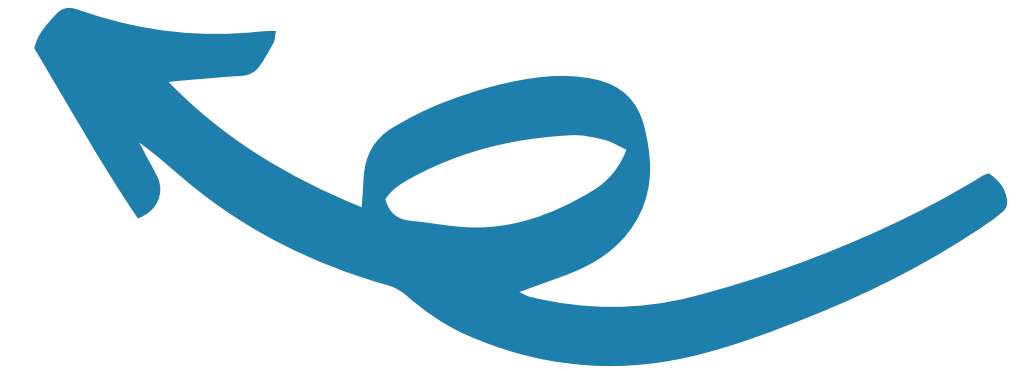
Posture #4:

Cues:

Qualities:

Modifications:

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THEME YOUR
MEDITATION TO
COMPLEMENT YOUR
ASANA PRACTICE!



*Thank
You!
Namaste.*

