

Anatomy Worksheet

Circulatory System

What is the Circulatory system? It is made of the blood that runs through the body. It is the “life force” made up of arteries and veins that carry blood to the heart (detoxes blood), transported by oxygen which is why arteries have a higher pressurized flow. “Circle means to keep moving”. It is made up of plasma, white and red blood cells and platelets.

How Does Meditation Aid this System? It activates the rest and digest and counteracts the fight or flight responses. It lowers the heart rate and blood pressure, oxygen consumption. It improves efficiency of circulation by slowing down erratic response from the heart. Good circulation helps the heart, muscles, blood vessel cells and organs stay healthy and functioning properly.

How Does Plank Aid the circulatory system? It is considered a static hold, so as long as you breathe properly, it can really get your heart pumping as it is a full body exercise. As the heart works harder, more oxygenated blood will circulate its way throughout the entire body.

The Takeaway/How does Asana aid it? The circulatory system is a catalyst for the other systems to function properly as it brings fresh oxygenated blood to other areas/organs of the body. It helps remove toxins and improved circulation can be an expected benefit by performing asanas including plank which can improve fatigue and reduce stress.

Impact of plank on circulatory system: Asanas including plank will get your heart going which leads to better circulation.

Anatomy of Asana:

In what ways does yoga change the muscular structure to improve health? It strengthens the abdominals, back and shoulders. It will also help strengthen the glutes, hamstrings, quads and triceps.

How does it help to enhance connective tissues? Because it is such a full body pose that really engages the core, the strengthening and lengthening gets spread throughout the entire body. When all the muscles and connective tissues are being strengthened and lengthened this deeply, it allows the body to re-energize and detoxify the entire body which inevitably ends up aiding the functionality of the circulatory system.

How does yoga go so deep it affects the skeletal structure and how so? Plank is a full body workout that emphasises good posture. By keeping the bones and joints aligned, this leads to better posture and functioning of the muscular and skeletal system

Go deeper! How does it penetrate on a cellular level? It boosts your metabolism! This is a function that breaks down molecules/glucose within the body to provide energy

to burn off calories. Plank is an isometric, energizing hold that efficiently promotes this process and results to occur.

Primary Movers: The spine is active, both rectus and transverse abdominis (abs), lengthens and strengthens the back, abs, legs and arms.

Create a Class: Self Love

Posture 1: Plank

Cues: Inhale plank, track your wrists above your shoulders. Press into your heels as you wrap your thighs and squeeze your glutes

Qualities: Magnetize your navel to your spine to engage your core. Body is strong, shoulders are tucked back and away from your ears to allow your love for yourself while your heart and chest shine through

Modification: Option to come down to your knees

Posture 2: Plank Knee to chin

Cues: Exhale, press firmly through you palms,round through your back, draw your knee to your chest

Qualities: Activate your core to keep it engaged, drop your chin to your chest to elongate the neck

Modification: option to drop down to your knees and take cow

Posture 3: Side Plank

Cues: Inhale, breathe here, As you step your foot back open to the side, stretch your upper arm to the sky. Stack your feet

Qualities: Engage your side obliques to keep your hips lifted, stack your hand over your shoulder, and your bottom shoulder over your hand to maintain balance

Modification: Option to drop down to your knee

Posture 4: Wild Thing

Cues: Inhale Wild thing, Ground down through your palm. Swing your hips to the sky plant your top foot over with a bend in the knee. Reach your upper arm to the front of your mat

Qualities: Engage your glutes to keep your hips level. Engage your side obliques and shoulders to let the love for yourself shine through your open chest

Modification: Option to keep knee bent on the ground, straight top leg and reach forward over your ear for a generous side bend

Theme a meditation: (beginning of class start by meeting in a reclined bound angle pose hand on heart, one hand on belly). As you bring your awareness to your body on the mat, with each breath, notice your heart beating into the palm of your hand. As your awareness comes to your heart beat, I invite you to welcome in feelings of gratitude and love for yourself. Be grateful for making it to your mat today, and with every posture

and every chest opener you explore today, allow yourself to feel worthy, allow yourself to feel loved.