



INTEGUMENTARY SYSTEM & ASANA



WITH MICHELLE RAE SOBI



QUESTIONS:

WHAT IS THE INTEGUMENTARY SYSTEM?

HOW DOES HATHA YOGA AID THIS SYSTEM?

WHY DOES WARRIOR I
AID THIS SYSTEM?



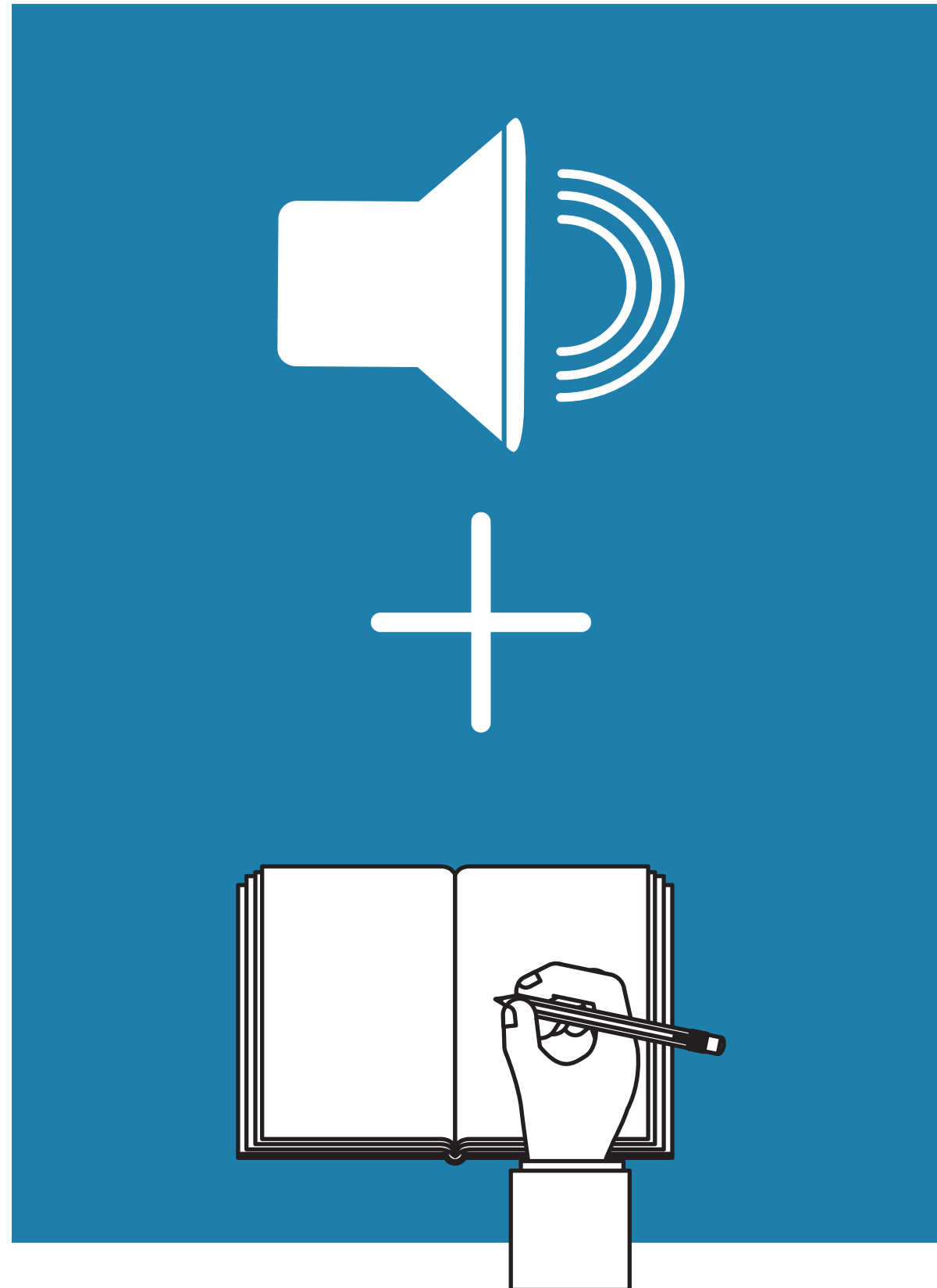


JOURNALING EXERCISE



LISTEN TO THE
LESSONS:

INTEGUMENTARY
SYSTEM



JOURNAL YOUR
REFLECTIONS.

WHAT DID YOU
TAKEAWAY ON THIS
SYSTEM?

HOW CAN THE
ASANA AID IT?

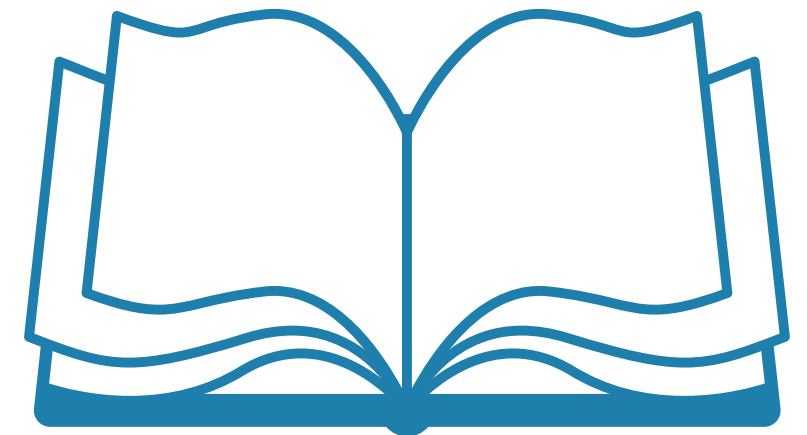


THINGS YOU'LL NEED FOR THIS LESSON:



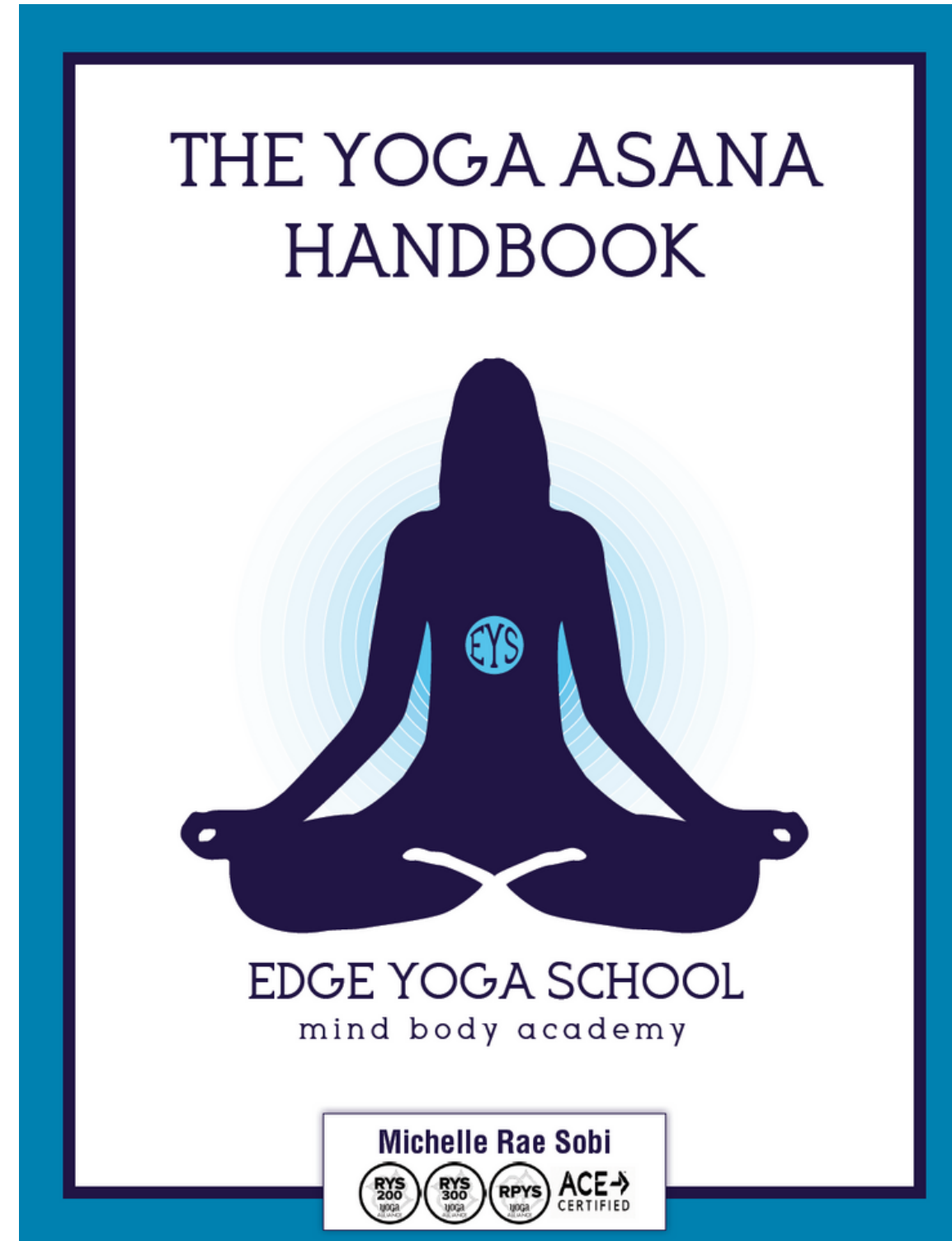
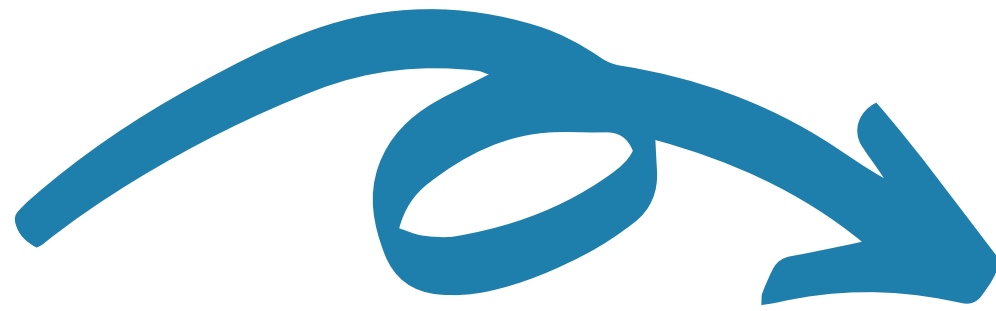
YOGA ANATOMY
BY KAMINOFF & MATTHEWS
2ND EDITION

YOGA ASANA HANDBOOK
BY MICHELLE RAE SOBI





YOGA ASANA HANDBOOK



FOR THIS
LESSON,
YOU'LL
NEED
YOUR
HANDBOOK



YOGA ASANA HANDBOOK



OPEN TO WARRIOR I IN YOUR HANDBOOK

ASANAS


WARRIOR I

VIRABHADRASANA I

CUES
Shoulders and hips are square and facing forward. Back foot is at a 45-degree angle. Front knee is above the ankle. Arms are skyward. Gaze is forward. Core is active.

QUALITIES
Divide weight evenly between front and back leg. Core holds this pose up. Neck is soft. Shoulders are back and down.

MODIFICATION
Narrow the stance. Lessen the bend in the front knee.



Strengthens legs. Stretches arms and shoulders. Improves balance. Power! It has been said this pose represents the monster being slain and the head held overhead to show the village it has been brought to safety.

78 EDGE YOGA SCHOOL • THE YOGA ASANA HANDBOOK





YOGA ASANA HANDBOOK



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>

100 EDGE YOGA SCHOOL • THE YOGA ASANA HANDBOOK





CONSIDER
THE IMPACT
OF THE
SYSTEM BY
THIS ASANA.



HOMework



TAKE-AWAY

CREATE A
CLASS TO INCLUDE
WARRIOR I 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:

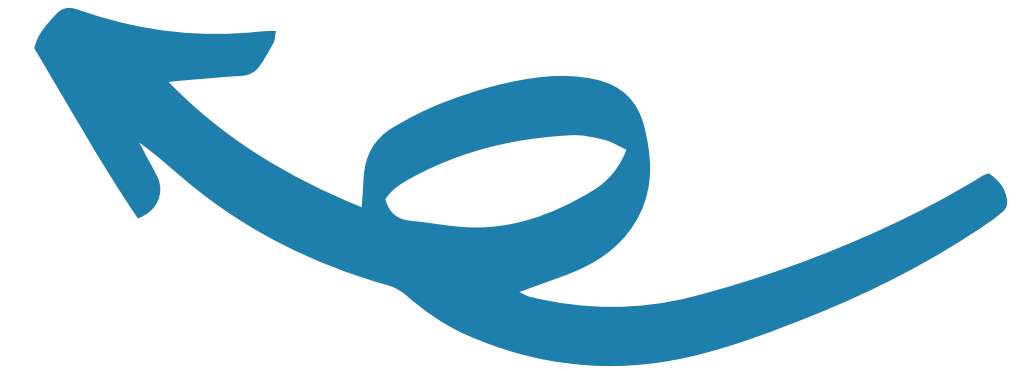
Posture #4:

Cues:

Qualities:

Modifications:

118 EDGE YOGA SCHOOL • THE YOGA ASANA HANDBOOK



THEME YOUR
MEDITATION TO
COMPLEMENT YOUR
ASANA PRACTICE!



*Thank
You!
Namaste.*

