

Anatomy Worksheet

Reproductive System

What is the reproductive system? The reproductive system helps to regulate the body's hormones, and contains male or female sex organs to reproduce. The pelvic muscles help to provide stability to the back as well as the abdominals. For men, these muscles help to maintain erections and for women they help to regulate hormones for reproduction and childbirth.

How Does Meditation Aid this System? Meditation is an excellent tool to help calm down this system which will inevitably level out hormones which furthermore will help keep other systems within a homeostatic balance.

How does goddess pose aid this system? Goddess pose will strengthen the pelvic muscles including the urinary tract, which will help with function. Goddess pose is also helpful after pregnancy as it strengthens the pelvic floor and engages the whole body which ultimately affects all systems.

The Takeaway: Although it may not seem as though meditation or yoga will aid this system it really can. Exercising the muscles within the pelvic floor will strengthen them which improves circulation, reproductive function and recovery, urinary function as hormonal balance.

How does Asana aid it? Goddess pose is an excellent posture that will engage the pelvic floor efficiently to see bodily benefits.

Anatomy of Asana:

In what ways does yoga change the muscular structure to improve health? This particular pose will strengthen the legs and glutes and because it is such an engaging and powerful pose it will actually help with respiratory and cardiac muscles by making the body work.

How does it help to enhance connective tissues? Goddess pose will really allow the hips to open, stretching the inner thighs and glutes will allow the joints to be nice and juicy!

How does yoga go so deep it affects the skeletal structure and how so? There is a lot of power in the lower half of our body and the spine. There will be lengthening of the spine as we reach the crown of our head high. Our body will also experience strength in the ankles, legs and hips.

Go deeper! How does it penetrate on a cellular level? This is an extremely empowering pose, revitalizing and very energizing as it engages the entire lower body.

Primary Movers: glutes, legs (quads, calves, ankles), opens hips and chest, lengthens the spine

Consider the impact of this system by this asana: Amazing for the pelvic floor and can be extremely beneficial to pregnant women as it creates space and strength. By activating this area it will increase circulation and help balance hormones.

Create a Class: Acceptance

Posture 1: Goddess Pose

Cues: Exhale Goddess pose, with your legs wide, goal post your arms and sit low

Qualities: Hug your navel to your spine to activate your core, gaze forward, press your shoulders down and away from your ears to elongate your spine

Modification: Option to lessen the bend in your leg

Posture 2: Star pose

Cues: Inhale star pose, raise to standing straightening your legs, reach your arms high and wide, spreading your fingertips

Qualities: Press your shoulders down and away from your ears to shine your chest forward

Modification: Option to allow a slight bend in the knee, or bring your hands to heart center

Posture 3: Wide leg forward fold

Cues: Exhale hinge at the hips, wide leg forward fold, hang the crown of your head down

Qualities: lock your shoulders into your sockets to elongate the neck

Modification: Option to rest your hands on a block

Posture 4: Bear Pose

Cues: Inhale rise your chest up high, squat your hips back and down

Qualities: bend through your knees to engage your glutes, reach forward through your finger tips to keep your core engaged

Modification: Option to bring hands to heart center or stay in forward fold

Theme meditation: Accept the strength your body has to off you. With every inhale and every exhale, allow your chest to meet your fingers, feel your heartbeat. Feel accepting of yourself for where you are in each moment. Find gratitude for showing up on your mat today. For every breath you taken breathin self acceptance, and exhale anything that is not serving you in this moment.