



URINARY SYSTEM & BANDHAS



WITH MICHELLE RAE SOBI



QUESTIONS:



WHAT IS THE URINARY SYSTEM?

HOW DOES MEDITATION AID THIS SYSTEM?

WHY DOES FOUR-LIMBED STAFF
AID THIS SYSTEM?



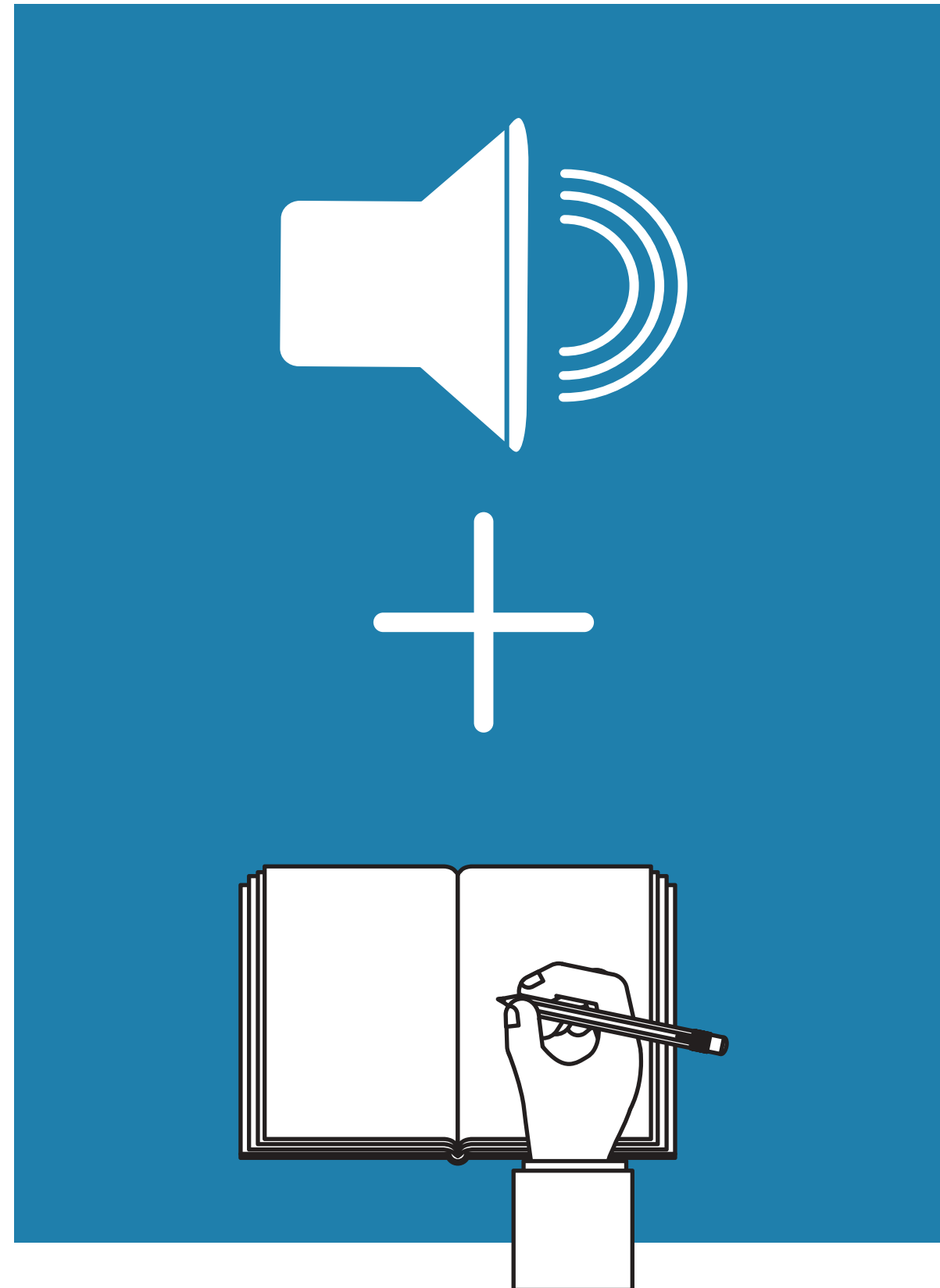


JOURNALING EXERCISE



LISTEN TO THE
LESSONS:

URINARY
SYSTEM



JOURNAL YOUR
REFLECTIONS.

WHAT DID YOU
TAKEAWAY ON THIS
SYSTEM?

HOW CAN THE
ASANA AID IT?

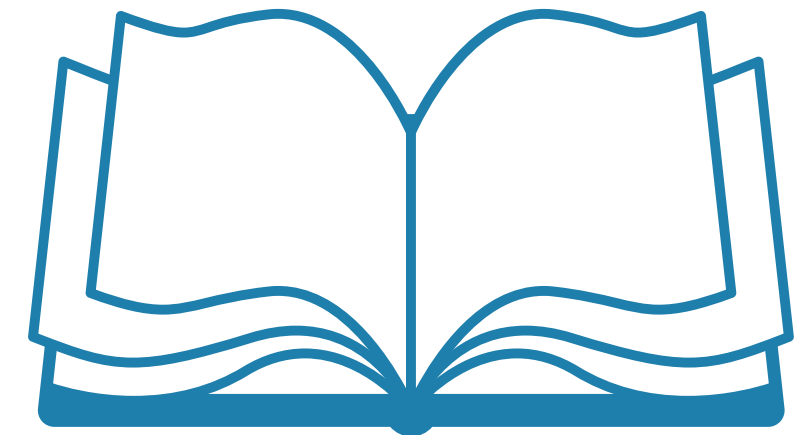


THINGS YOU'LL NEED FOR THIS LESSON:



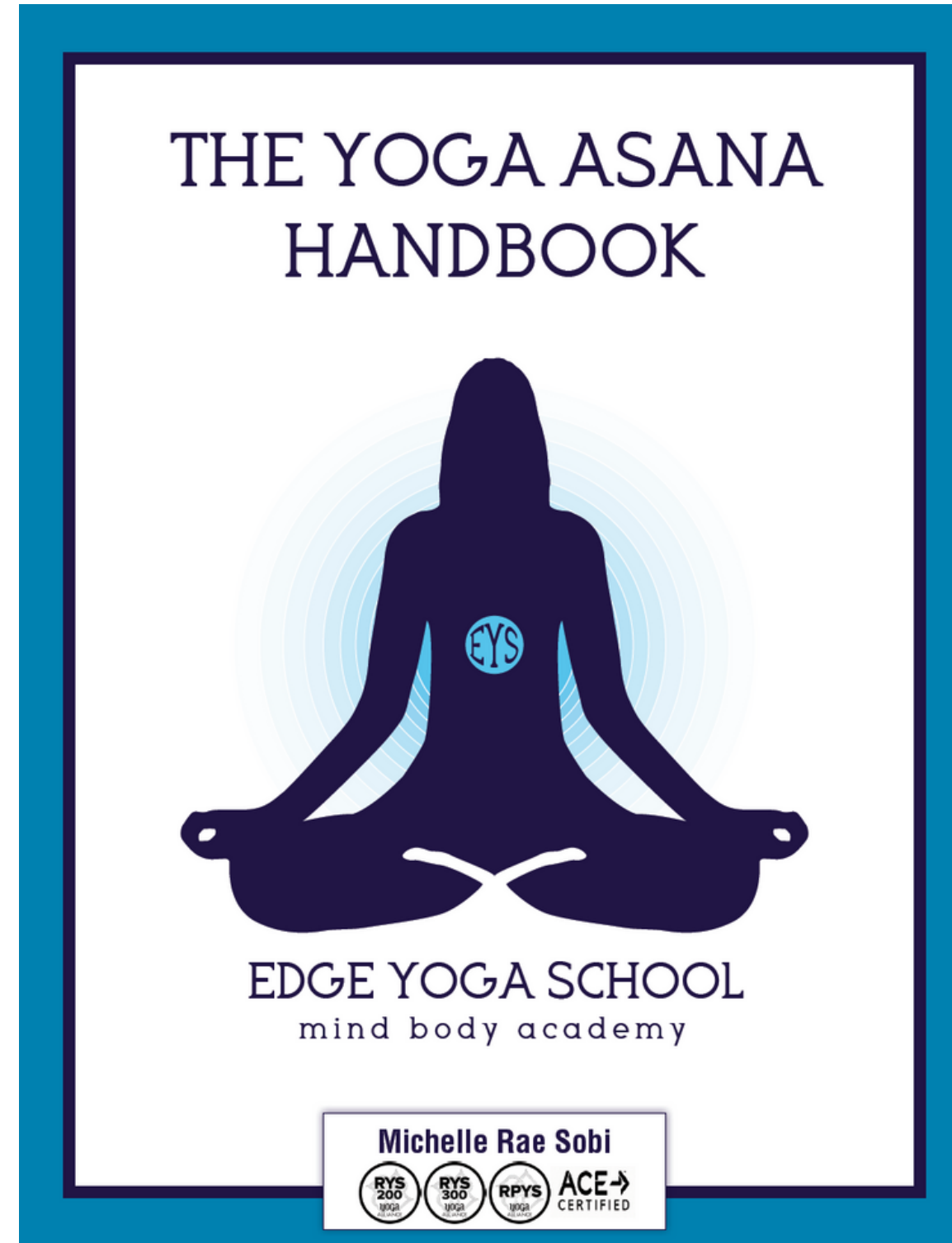
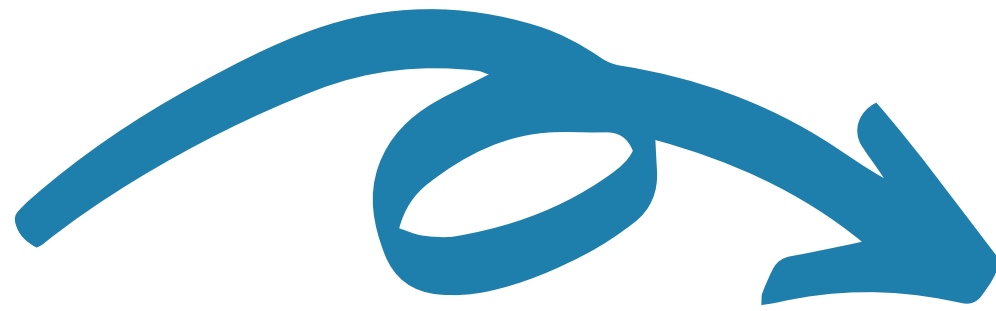
YOGA ANATOMY
BY KAMINOFF & MATTHEWS
2ND EDITION

YOGA ASANA HANDBOOK
BY MICHELLE RAE SOBI





YOGA ASANA HANDBOOK



FOR THIS
LESSON,
YOU'LL
NEED
YOUR
HANDBOOK



YOGA ASANA HANDBOOK



OPEN TO CHATURANGA IN YOUR HANDBOOK

ASANAS

CHATURANGA DANDASANA

CUES
Begin in Plank. With your triceps hugging your torso, slowly lower down until your elbows are above your wrists. Engage your core, squeeze your glutes.

QUALITIES
Keep torso above elbow level. Distribute your weight evenly as you squeeze the glutes and engage the core. Press your weight into your heels to assist. Shoulders remain back and down behind you.

MODIFICATION
Perform with knees on the floor.



Strengthens arm, core, and leg muscles. **STRENGTH!**
Power. All over body strengthener. Known as prone Mountain pose.



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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>

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CONSIDER
THE IMPACT
OF THE
SYSTEM BY
THIS ASANA.



HOMework



TAKE-AWAY

CREATE A
CLASS TO INCLUDE
THIS ASANA 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:

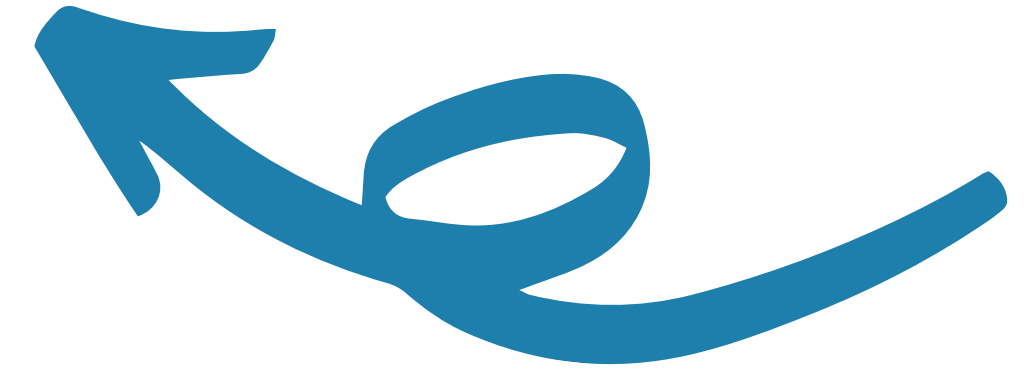
Posture #4:

Cues:

Qualities:

Modifications:

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THEME YOUR
MEDITATION TO
COMPLEMENT YOUR
ASANA PRACTICE!



*Thank
You!
Namaste.*

