



LYMPHATIC



SYSTEM:

ASANA &

MEDITATION

WITH MICHELLE RAE SOBI





QUESTIONS:

WHAT IS THE LYMPHATIC SYSTEM?

HOW DOES MEDITATION AID THIS SYSTEM?

WHY DOES FORWARD FOLD
AID THIS SYSTEM?



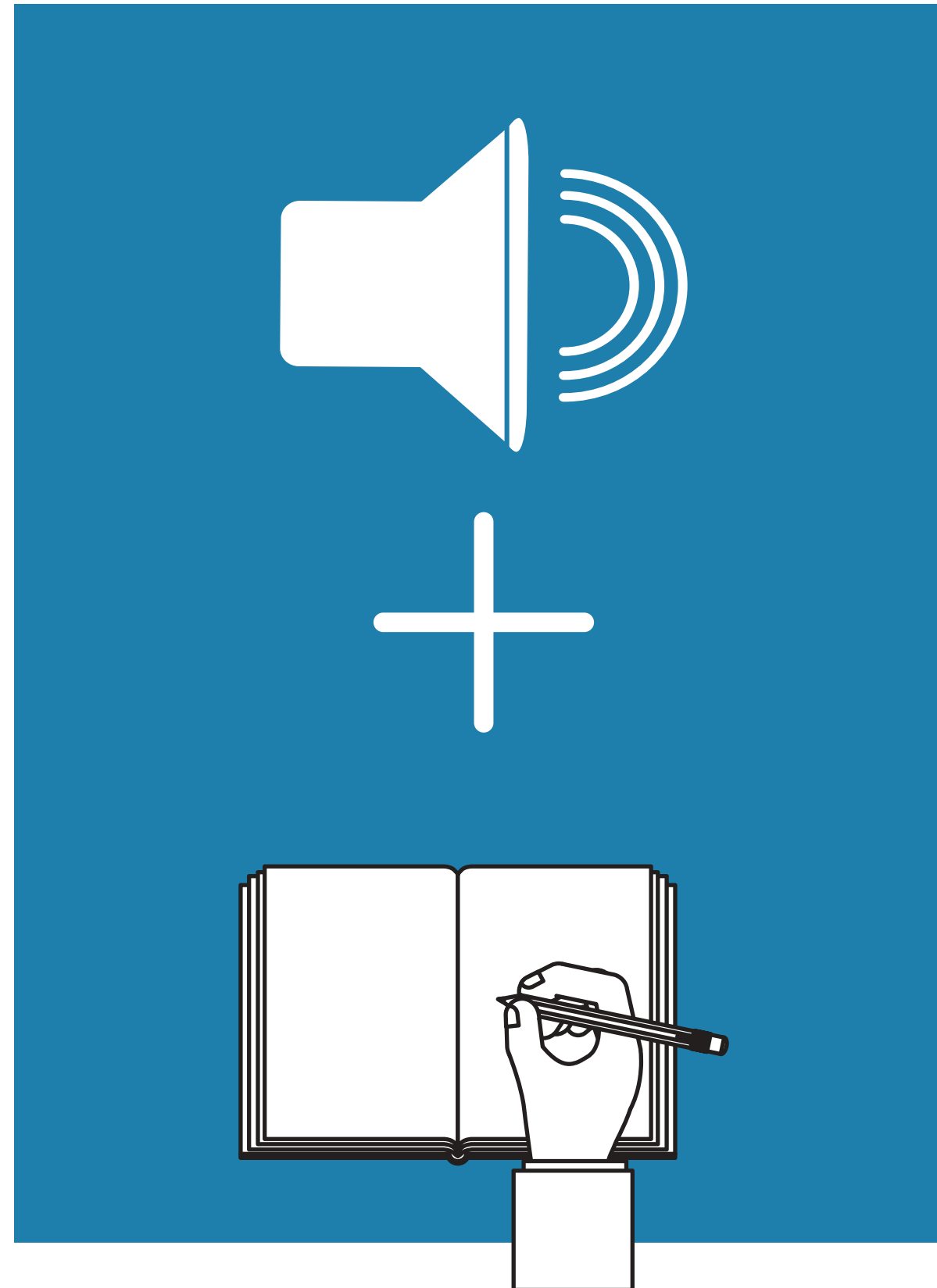


JOURNALING EXERCISE



LISTEN TO THE
LESSONS:

THE LYMPHATIC
SYSTEM AND
MEDIATION
&
FORWARD FOLD



JOURNAL YOUR
REFLECTIONS.

WHAT DID YOU
TAKEAWAY ON THIS
SYSTEM?

HOW CAN THE
ASANA AID IT?

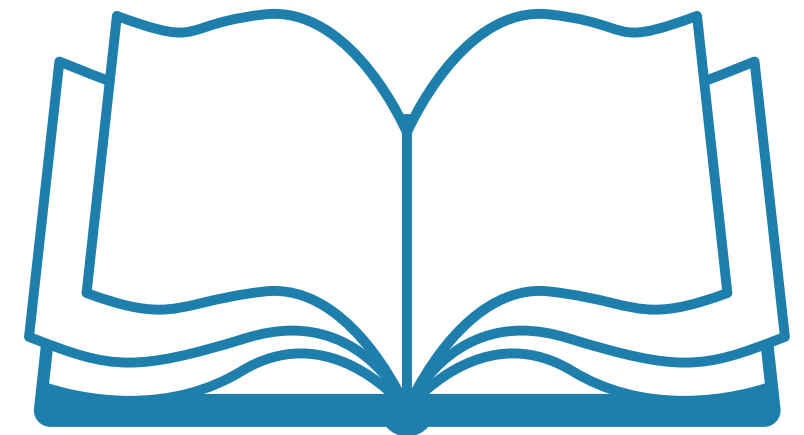


THINGS YOU'LL NEED FOR THIS LESSON:



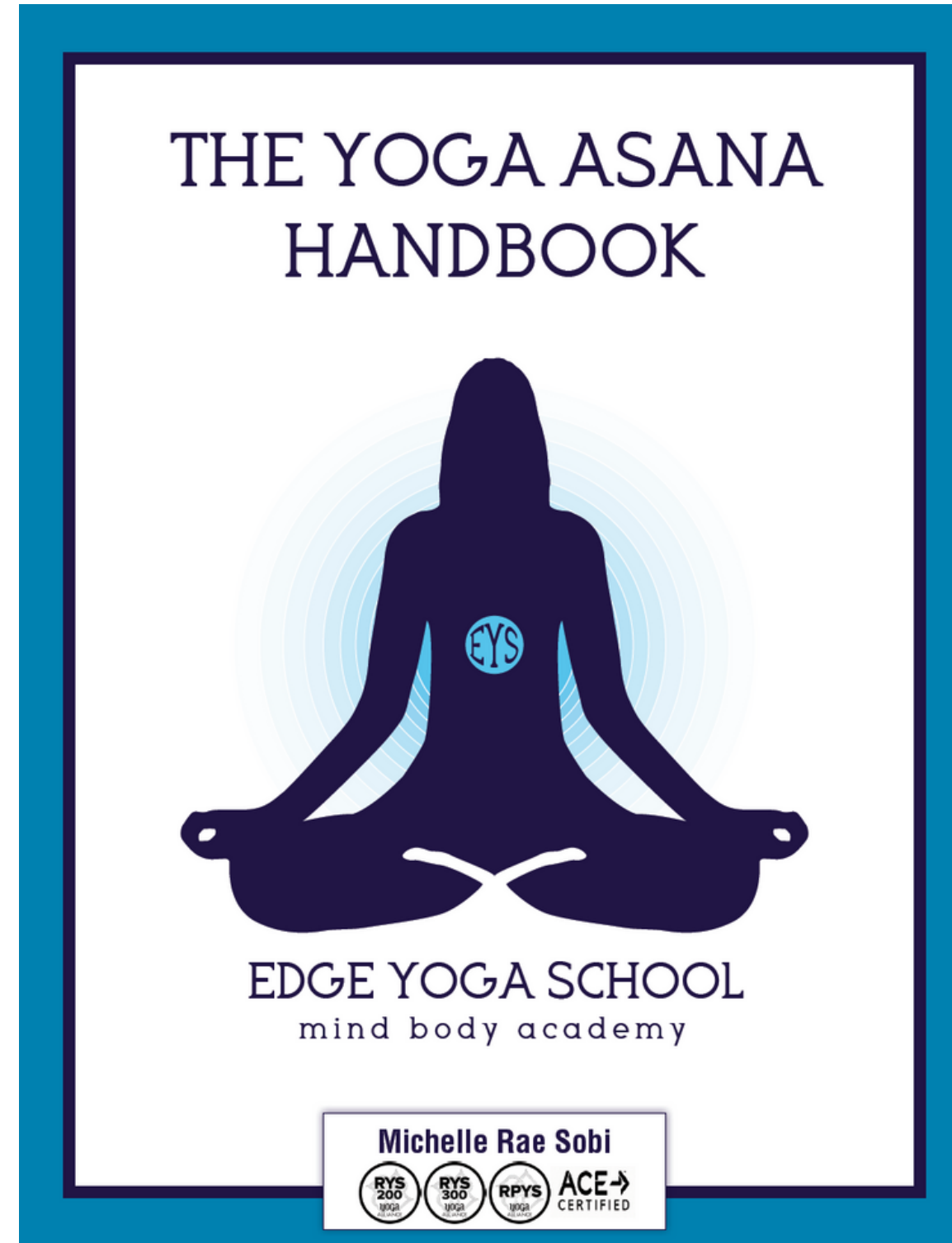
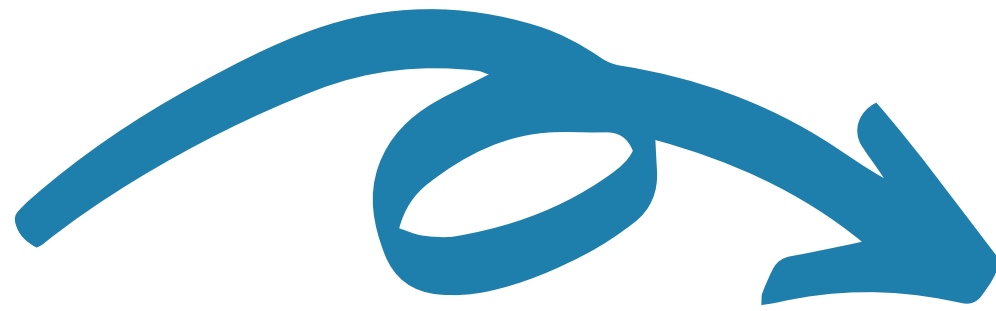
YOGA ANATOMY
BY KAMINOFF & MATTHEWS
2ND EDITION

YOGA ASANA HANDBOOK
BY MICHELLE RAE SOBI





YOGA ASANA HANDBOOK



FOR THIS
LESSON,
YOU'LL
NEED
YOUR
HANDBOOK



YOGA ASANA HANDBOOK




OPEN TO FORWARD FOLD

ASANAS

FORWARD FOLD

UTTANASANA



CUES
From Mountain Pose, inhale, lengthen the torso. Hinging from the hips, fold forward. Allow hands to rest on the floor, grab big toes, or place hands under feet. Keep weight balanced on both feet.

QUALITIES
Allow the exhales to melt you deeper into this asana. Allow gravity to deepen this pose. Be mindful you aren't pulling your shoulders out of their sockets to touch the ground. Allow the crown of your head to release in the direction of the floor.

MODIFICATION
Keep knees slightly bent. Hold elbows. If dizziness occurs, come up slowly, often a result of low blood pressure.

Stretch the hamstrings. This inversion lengthens the spine. Revitalizing stretch with the properties of an inversion.

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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
ASANA VS
MEDIATION.



HOMework



TAKE-AWAY

CREATE A
CLASS TO INCLUDE
FORWARD FOLD
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:

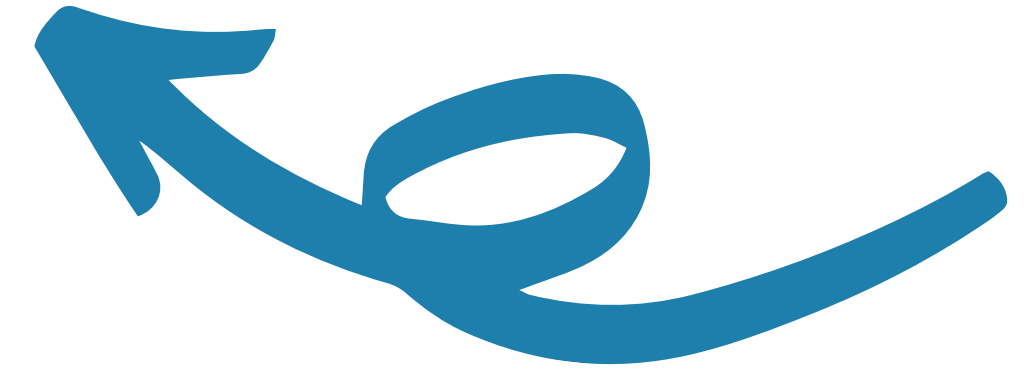
Posture #4:

Cues:

Qualities:

Modifications:

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THEME YOUR
MEDITATION TO
COMPLEMENT YOUR
ASANA PRACTICE!



*Thank
You!
Namaste.*

