

Anatomy Worksheet

Digestive System

What is the Digestive system? The gastrointestinal system is the digestion and absorption of food (breakdown/absorb nutrients, calories, etc=energy). Food travels from the oral cavity (mastication or chewing of food), pharynx and esophagus, stomach (where it is broken down by acids), the small intestine, large intestine, and rectum (the liver will breakdown fat, gal-bladder stores fat and pancreas will also aide in digestion...the outside players.)

How Do Twists Aid this System? They essentially ring out the organs. As we twist and compress the torso, it stimulates the organs by increasing and decreasing circulation to them. A twist will assist in mobility (the movement around the organs) and motility (the movement within the organs). This can be detoxifying for one, but it also stimulates the organs which can help with digestion/elimination and metabolism.

Why does revolved shoulder twist aid the system? Because it stimulates the organs which can improve overall digestion.

The Takeaway: Issues with digestion can hinder our digestion/getting the proper nutrients, which could lead to bigger issues like physiological upset, irritability, fatigue, trouble concentrating or mental and emotional upset so it is important that this system is functioning properly.

How does Asana aid it? when we actively engage the core with compression it will increase circulation which ends up improving digestion

Anatomy of Asana:

In what ways does yoga change the muscular structure to improve health?

Revolved twists will open the chest and shoulder muscles which in turn help to stretch the muscles in the back. This can go a long way to help with back pain as well as posture.

How does it help to enhance connective tissues?

How does yoga go so deep it affects the skeletal structure and how so?

Go deeper! How does it penetrate on a cellular level?

Primary Movers: rectus abdominis, obliques engaged, pecs, glutes

Impact of asana on this system: Helps to stimulate the digestive system which promotes movement and circulation to and around the organs.

Create a Class: Acceptance

Posture 1: Plank

Cues: Inhale, hold plank, press your palms and toe mounds firmly into your mat, Stack your shoulders above your elbows and your elbows above your wrists

Qualities: Isometrically push your crown of your head and your heels in opposite directions to elongate the backside of your body

Modification: Option to drop to your knees

Posture 2: Prone (Reverse) Corpse Variation

Cues: Exhale Reverse corpse, lower down to your mat, lay your arms out in goal post position, tuck your toes under so they are flat on your mat

Qualities: press your forehead to your mat to elongate your neck

Modification: Option for child's pose or to lay your head on your hands or blanket

Posture 3: Half Frog variation

Cues: Inhale half frog pose, gently bring you R/L knee up level with your hip at a 90 degree angle. Turn your head to the side

Qualities: Press your shoulders away from your ears to elongate the neck. Press both hip points into your mat to maintain alignment in your hips

Modification: option to decrease the angle in your bent leg

Posture 4: Supine Twists

Cues Exhale Revolved shoulder twist. roll yourself open, leaving the bent leg across your straight leg. Tee your arms out and glance the opposite direction of your bent leg.

Qualities: Allow your shoulder blades to connect with your mat to allow your heart to shine through. Love and accept yourself for where you are in this moment

Modification: Option to bend both knees, Option to place block under bent knee to bring the ground closer to your knee

Theme meditation: (Beginning of class) As you connect with your breath, thank yourself for showing up, accept yourself for who you are in this moment and every moment to come throughout your practice. As you experience each asana and twist through your practice today, allow whatever is not serving you in that moment to be released and for acceptance for where you are, flow back in and rejuvenate your being. Big breath in, big breath out, lets flow , let go, and accept ourselves for who and where we are today.