



THE ENDOCRINE



SYSTEM:

ASANA &

MEDITATION

WITH MICHELLE RAE SOBI





QUESTIONS:

WHAT IS THE ENDOCRINE SYSTEM?

HOW DOES MEDITATION AID THIS SYSTEM?

WHY DOES UPWARD FACING SALUTE
IMPACT THIS SYSTEM?



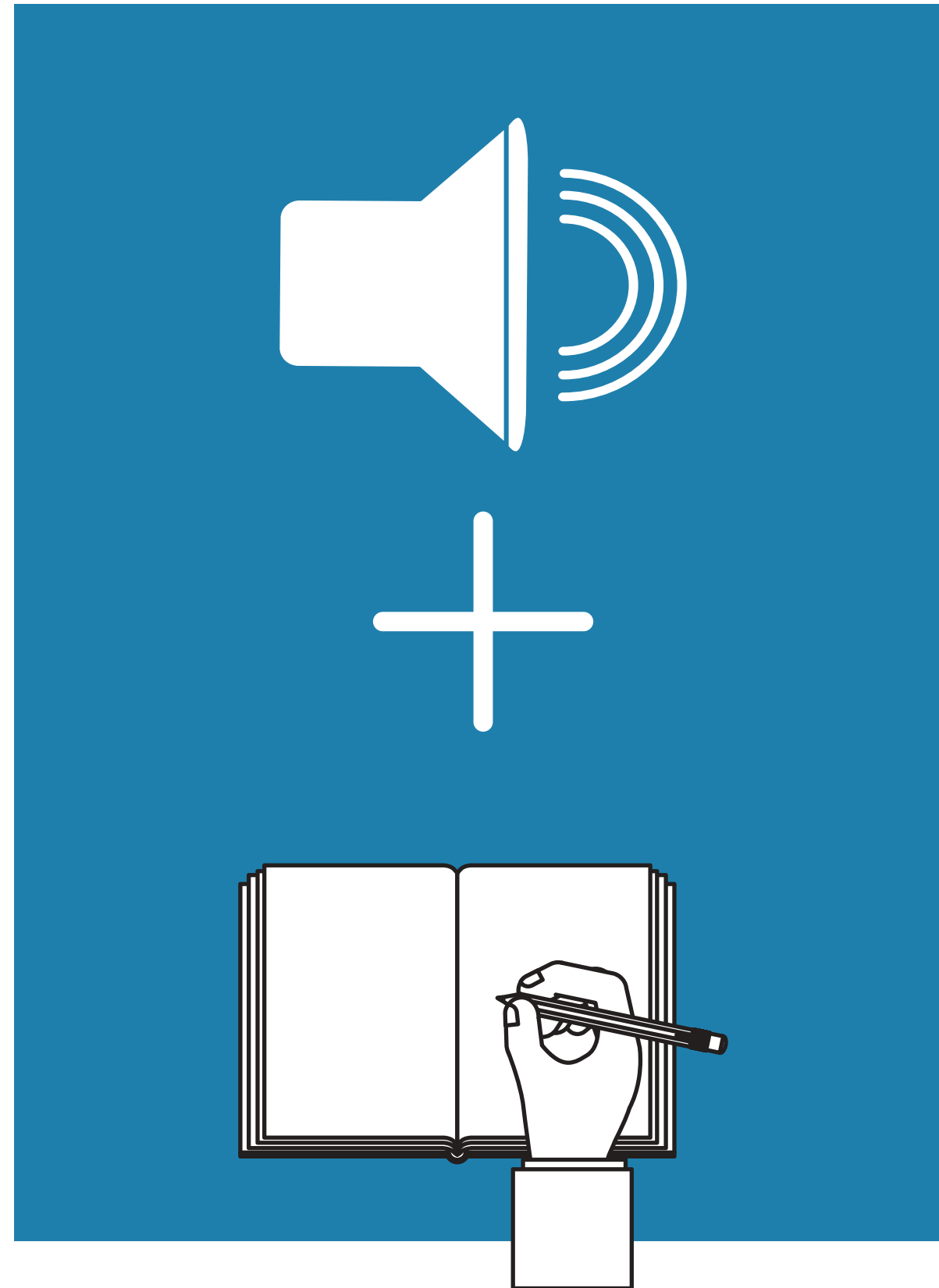


JOURNALING EXERCISE



LISTEN TO THE
LESSONS:

THE ENDOCRINE
SYSTEM AND
MEDIATION
&
UPWARD FACING
SALUTE ASANA



JOURNAL YOUR
REFLECTIONS.

WHAT DID YOU
TAKEAWAY ON THE
ENDOCRINE SYSTEM?

HOW CAN ASANA
AID IT?

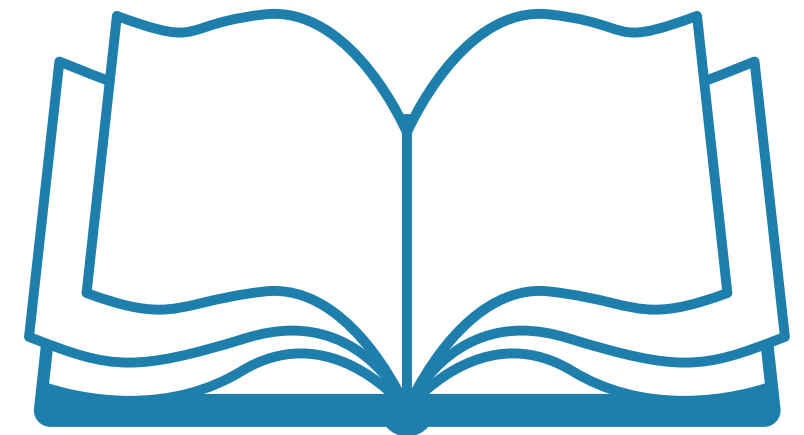


THINGS YOU'LL NEED FOR THIS LESSON:



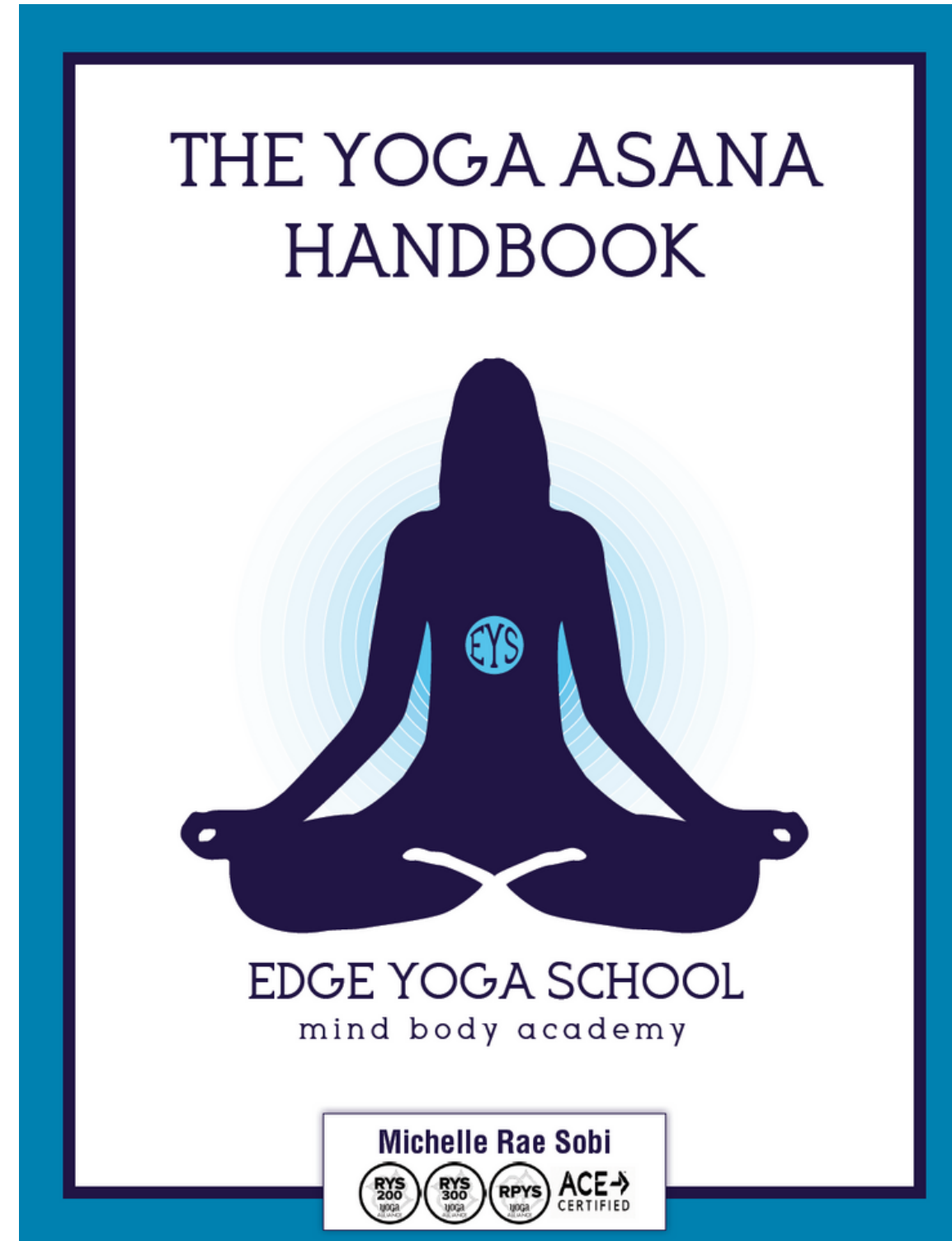
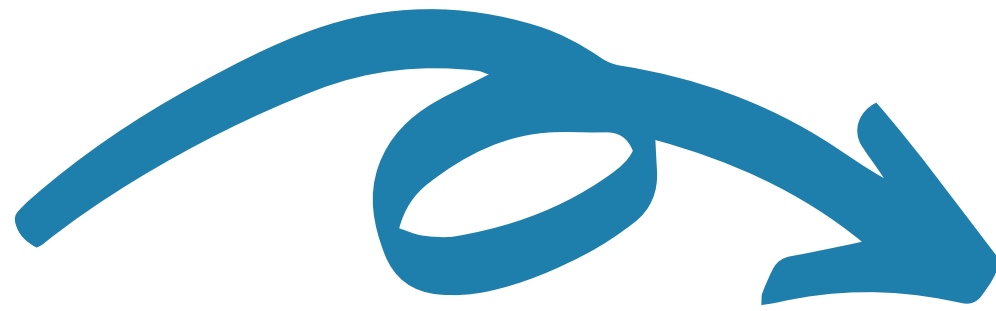
YOGA ANATOMY
BY KAMINOFF & MATTHEWS
2ND EDITION

YOGA ASANA HANDBOOK
BY MICHELLE RAE SOBI





YOGA ASANA HANDBOOK



FOR THIS
LESSON,
YOU'LL
NEED
YOUR
HANDBOOK



YOGA ASANA HANDBOOK



OPEN TO MOUNTAIN UPWARD SALUTE

ASANAS

MOUNTAIN UPWARD SALUTE

URDHVA HASTASANA

CUES
Begin in Mountain pose. Raise arms skyward. Base of feet together. Active core. Arms alongside ears.

QUALITIES
Thighs wrapped. Kneecaps lifted to engage quads. Chest is open and arms reach long. Shoulders retract back and down. Crown reaches skyward.

MODIFICATION
Keep knees slightly bent. Slightly bend arms.



Opens the ribcage to allow for a deep breath. Relaxes the traps. Connect from ground to sky in this mindful pose.

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AKA UPWARD FACING SALUTE



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
HORMONES
BEING
RELEASED BY
ASANA VS
MEDIATION.



HOMework



TAKE-AWAY

CREATE A
CLASS TO INCLUDE
UPWARD FACING
SALUTE 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:

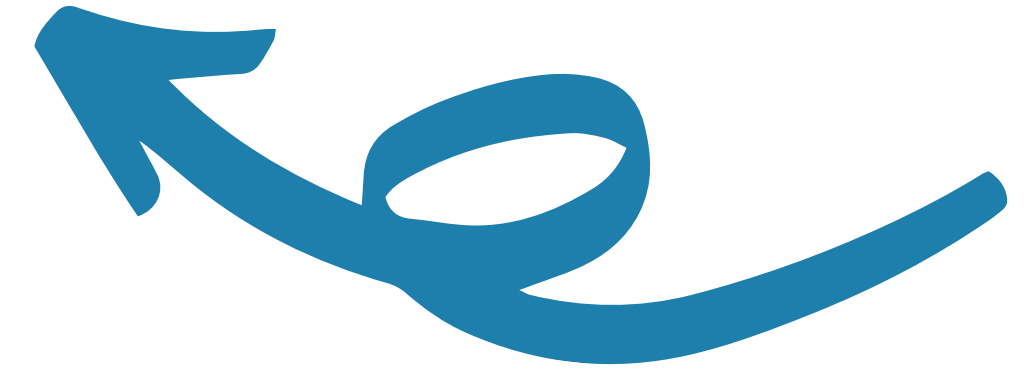
Posture #4:

Cues:

Qualities:

Modifications:

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THEME YOUR
MEDITATION TO
COMPLEMENT YOUR
ASANA PRACTICE!



*Thank
You!
Namaste.*

