



SKELETAL SYSTEM

ASANA AND

MEDITATION



WITH MICHELLE RAE SOBI



QUESTIONS:



WHAT IS THE SKELETAL SYSTEM?

HOW DOES WEIGHT-BEARING AID THIS SYSTEM?

WHY DOES UPWARD FACING DOG
AID THIS SYSTEM?



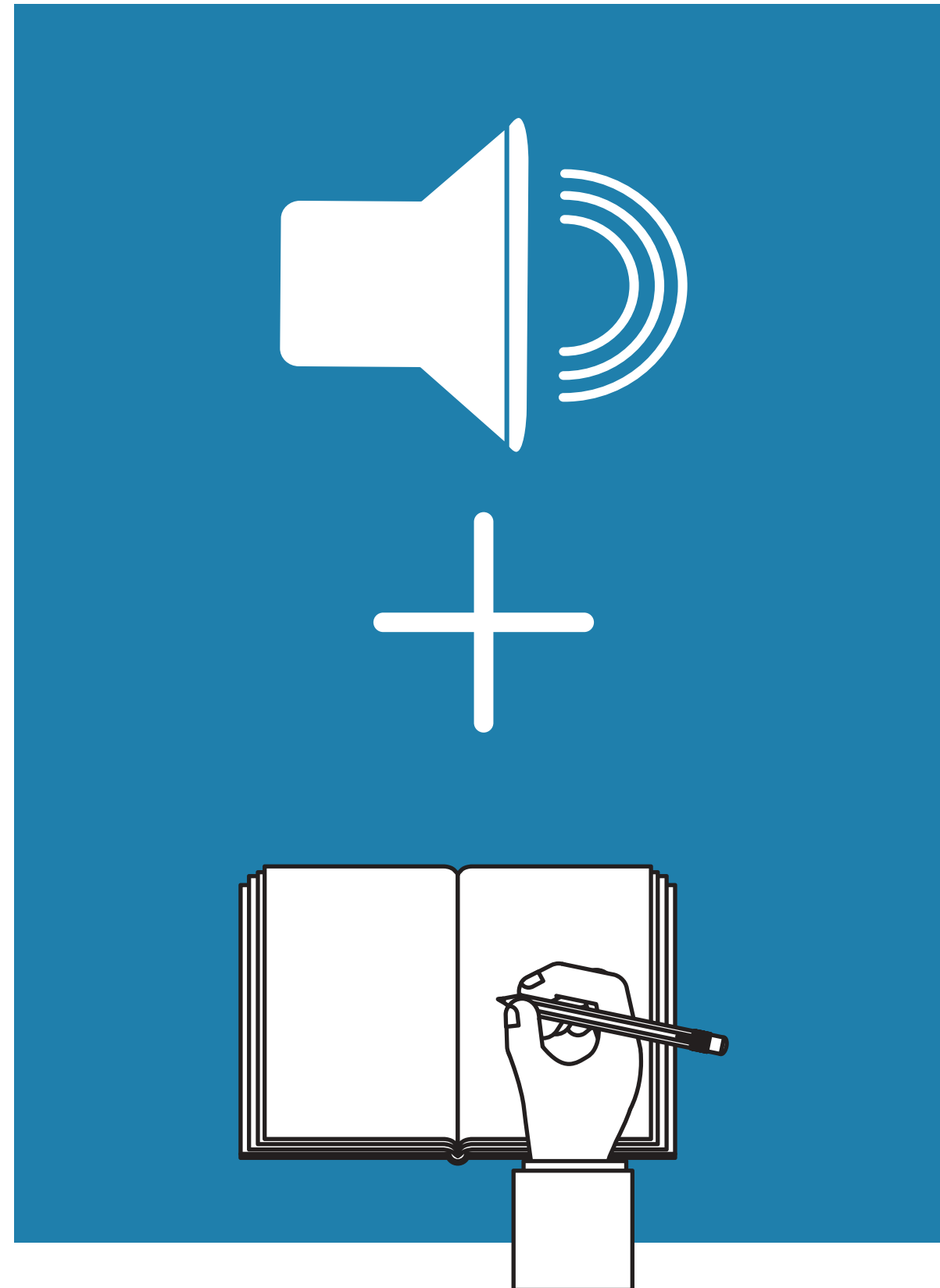


JOURNALING EXERCISE



LISTEN TO THE
LESSONS:

UPWARD
FACING DOG



JOURNAL YOUR
REFLECTIONS.

WHAT DID YOU
TAKEAWAY ON THIS
SYSTEM?

HOW CAN THE
ASANA AID IT?

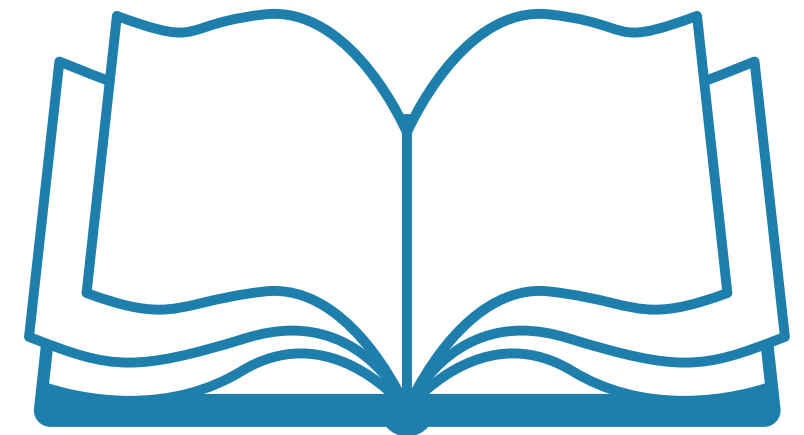


THINGS YOU'LL NEED FOR THIS LESSON:



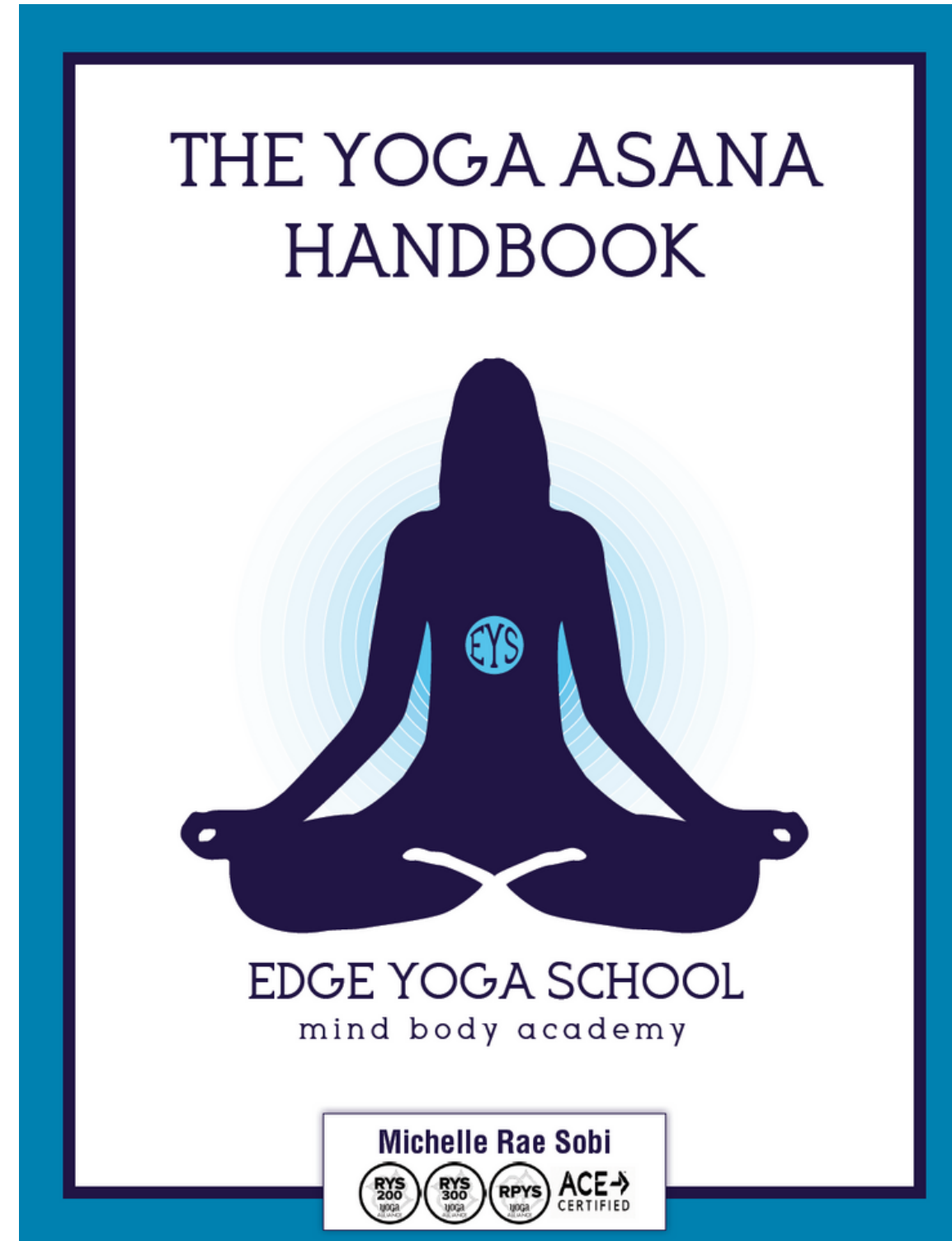
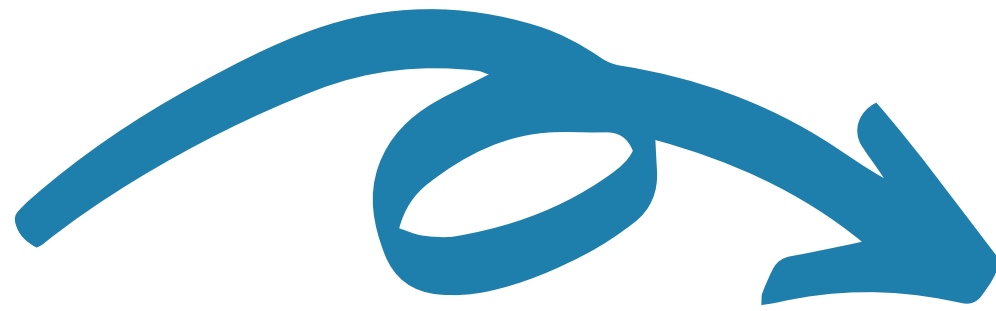
YOGA ANATOMY
BY KAMINOFF & MATTHEWS
2ND EDITION

YOGA ASANA HANDBOOK
BY MICHELLE RAE SOBI





YOGA ASANA HANDBOOK



FOR THIS
LESSON,
YOU'LL
NEED
YOUR
HANDBOOK



YOGA ASANA HANDBOOK



OPEN TO UPWARD FACING DOG

ASANAS


UPWARD FACING DOG

URDHVA MUKHA SVANASANA


CUES
Begin laying prone on your mat. Arms outstretched and legs active. Pull obliques toward midline. Chest is open. Naval hugs spine. Wrists are under shoulders. Slowly draw the knees off of the mat.

QUALITIES
Shoulders are back and down. Thighs are wrapped. Palms of hands press firmly into the mat.

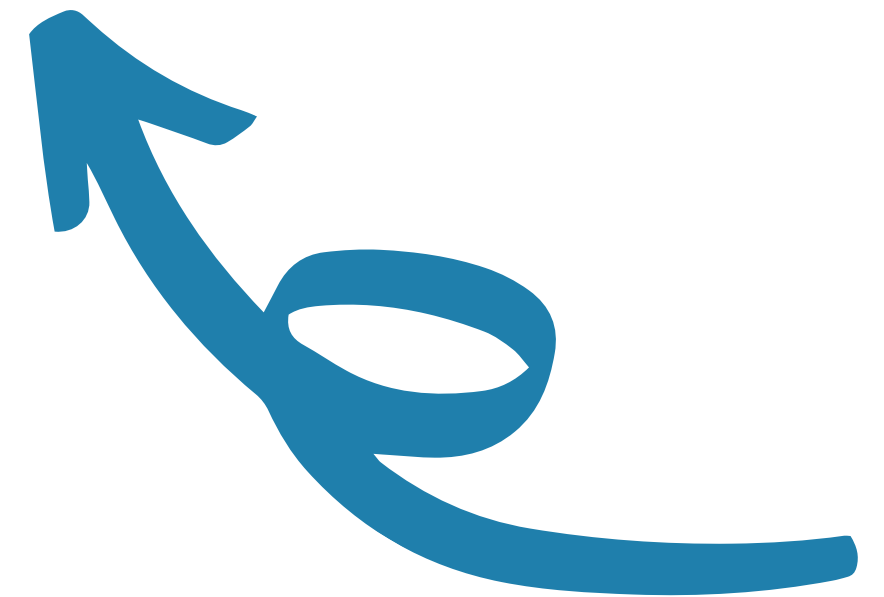
MODIFICATION
Less back extension. Have feet flexed rather than the tops of the feet on the mat.



Improves posture, strengthens the spine, arms, and wrists. Chest opener that is also a great strengthening pose.



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FILL OUT THE
WORKSHEET ON
PAGE 100

THE WORKBOOK

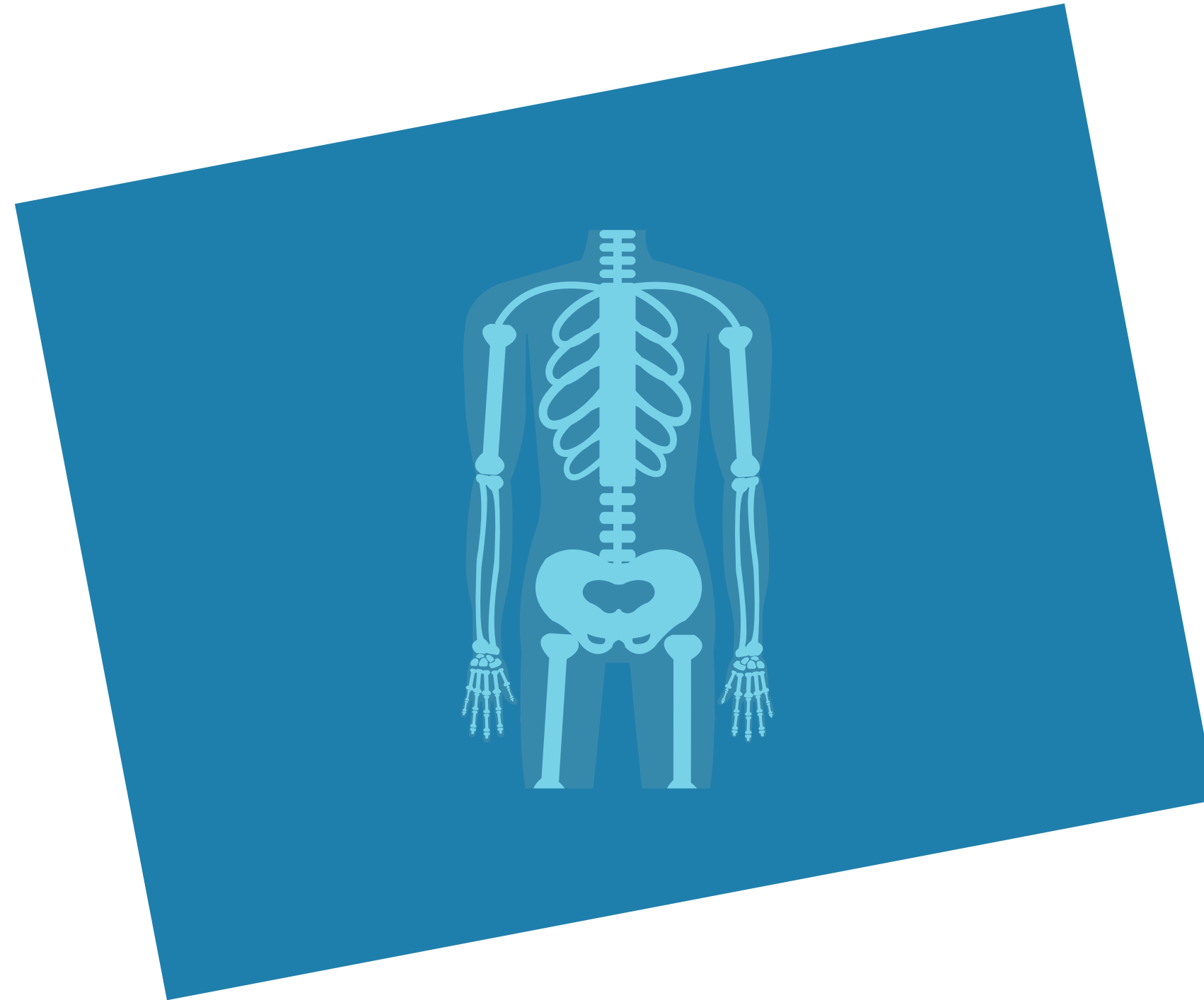
ANATOMY OF ASANA

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
MOUNTAIN 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:

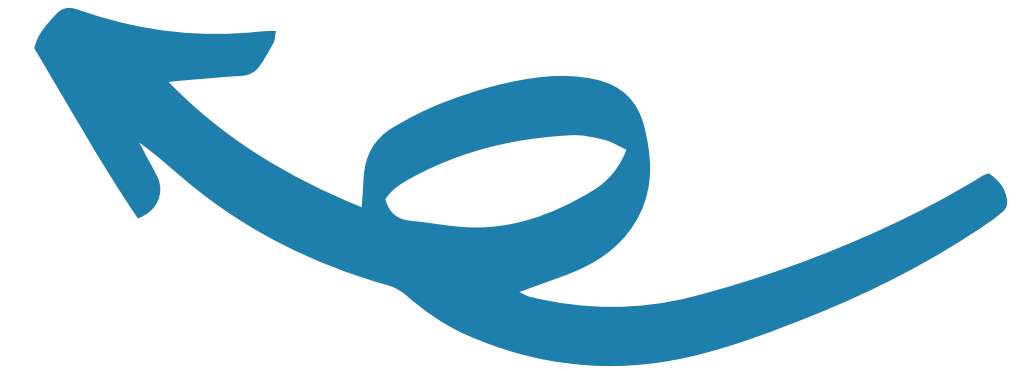
Posture #4:

Cues:

Qualities:

Modifications:

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THEME YOUR
MEDITATION TO
COMPLEMENT YOUR
ASANA PRACTICE!



*Thank
You!
Namaste.*

