

Anatomy Worksheet

Integumentary System

What is the integumentary system? This system is made up of hair, nails and skin (skin being the largest organ of the human body). The skin is what holds everything in, secretes waste/toxins, sensory system-detects pain, hot/cold)

How Does hatha yoga aid this System? As the body heats up and we sweat it essentially cleanses this system including the skin. There are sweat glands all over the body that secrete water and electrolytes, through the surface of the skin. Apocrine glands help to regulate body temperature and toxins, so while we practice yoga and heat up it is a beneficial exercise to help cleanse it.

Why does Warrior I aid this system? This pose is a relatively engaging pose. As we lengthen and strengthen parts of the body including the hips, glutes, hamstrings, quads, abs, shoulders back and abs. As all these parts of the body are energizing they are allowing for better circulation, digestion among other benefits, but these allow the skin to sweat and cleanse out our body.

The Takeaway: Although we may not think that it does, the integumentary system is substantially impacted by yoga, especially opportunities where we are able to hold poses longer, engage the full body, or anything that will heat us up internally to allow the pores to open up and cleanse out the system.

How does Asana aid it? Asana, again including warrior I, will heat up the body allowing it to sweat and clear out toxins. Yoga has actually been shown to improve your skin.

Anatomy of Asana:

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

Warrior I will strengthen and lengthen your arms and legs. It engages muscles in the core and back and also stretches the muscles around the hips. The back leg will experience lengthening in the hamstrings and calf while the bent leg will be experiencing strengthening and strengthening in the quads and hamstrings. The chest also opens and stretches as well as the back.

How does it help to enhance connective tissues? When considering what connective tissue is, it is essentially what holds us together, the fibrous web of fibers, ligaments and tendons. We “hold the issues in the tissues” so warrior I is an amazing posture to stretch, lengthen and open various parts of our body.

How does yoga go so deep it affects the skeletal structure and how so? It strengthens the legs, shoulders and arms

Go deeper! How does it penetrate on a cellular level? It is a very energizing pose that improves circulation, digestion, and respiration. It also improves balance, focus and stability/posture.

Primary Movers: Shoulders, hips fronts and backs of legs, chest and back

Consider impact of this asana on this system: Is a beautifully engaging and energizing pose that can build heat and allow the body to release toxins and improve skin

Create a Class: Strength, Yes you can!

Posture 1: Warrior I

Cues: Inhale Warrior I, raise your arms with strength, commit to the bend in your front knee, turn your back foot out 45 degrees, Gaze forward

Qualities: Tuck your tailbone under as you push your back hip point forward to align your hips. Press your shoulders down away from your ears to lengthen your neck

Modification: Option to shorten your stance. Option to bring your hands to heart center

Posture 2: Warrior II

Cues: Exhale Warrior II, open your torso to the long side of your mat energize your arms to the front and the back Recommit to the bend in your knee

Qualities: Turn your ribs to the side and press your shoulders down to open your heart, point your front knee over your middle toe and find strength in your stance

Modification: Option to lessen the bend in your knee

Posture 3: Star Pose

Cues: Inhale star pose, turn your front foot parallel with your other foot. Spread your arms and fingertips long and strong

Qualities: Energetically Roll your shoulders down and back to allow your chest to shine through. Engage your knees to activate your thighs and feel strong through your legs

Modification: Option to shorten your stance, slight bend in the knees or hands to heart center

Posture 4: horse pose

Cues: Exhale horse pose, Squat down deep, engage your glutes and press your palms to your chest

Qualities: Tuck your tailbone to keep your spine straight

Modification: Option to lessen the bend in your knee

Theme a meditation: (Beginning of class): Let's meet in child's pose. Connect with your breath. As you prepare for your practice, connect your mind body and breath, Feel the connection, the heat, the discipline and the strength begin to build in each moment. Know that that strength is accessible at all times as you move forward in this practice. Anytime your mind or breath begin to drift away from you, come back to the intention

that there is a strength within that is worth latching on to to carry you through each moment.