



NERVOUS SYSTEM & ASANA



WITH MICHELLE RAE SOBI



QUESTIONS:

WHAT IS THE NERVOUS SYSTEM?

HOW DOES MEDITATION AID THIS SYSTEM?

WHY DOES WARRIOR II
AID THIS SYSTEM?



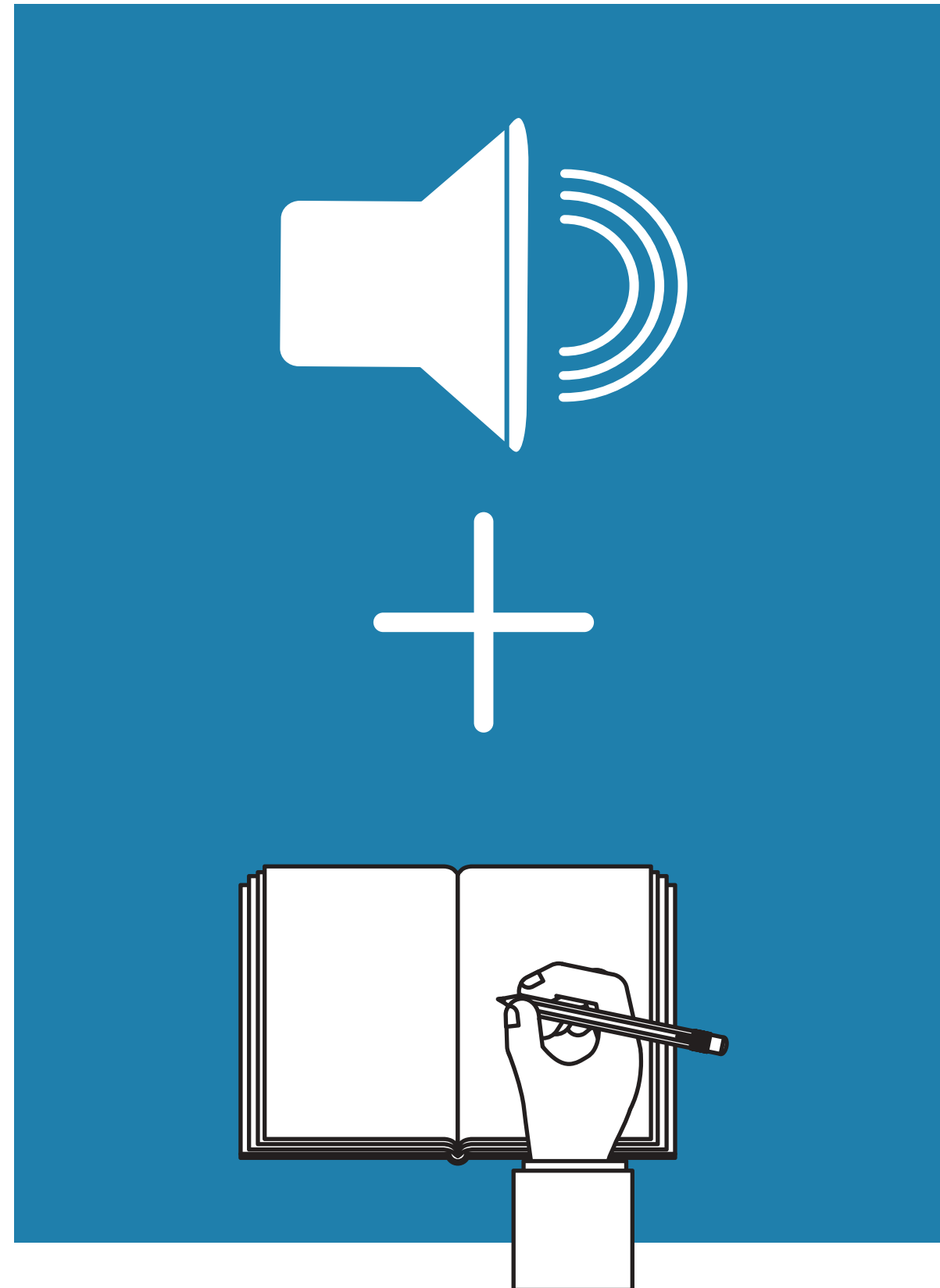


JOURNALING EXERCISE



LISTEN TO THE
LESSONS:

NERVOUS
SYSTEM



JOURNAL YOUR
REFLECTIONS.

WHAT DID YOU
TAKEAWAY ON THIS
SYSTEM?

HOW CAN THE
ASANA AID IT?

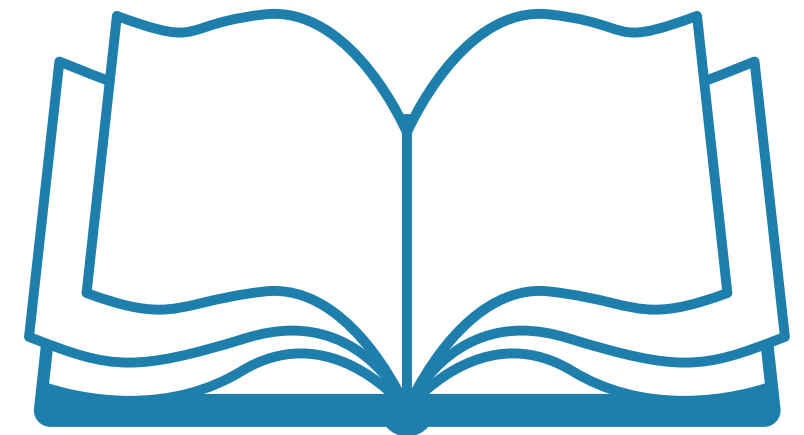


THINGS YOU'LL NEED FOR THIS LESSON:



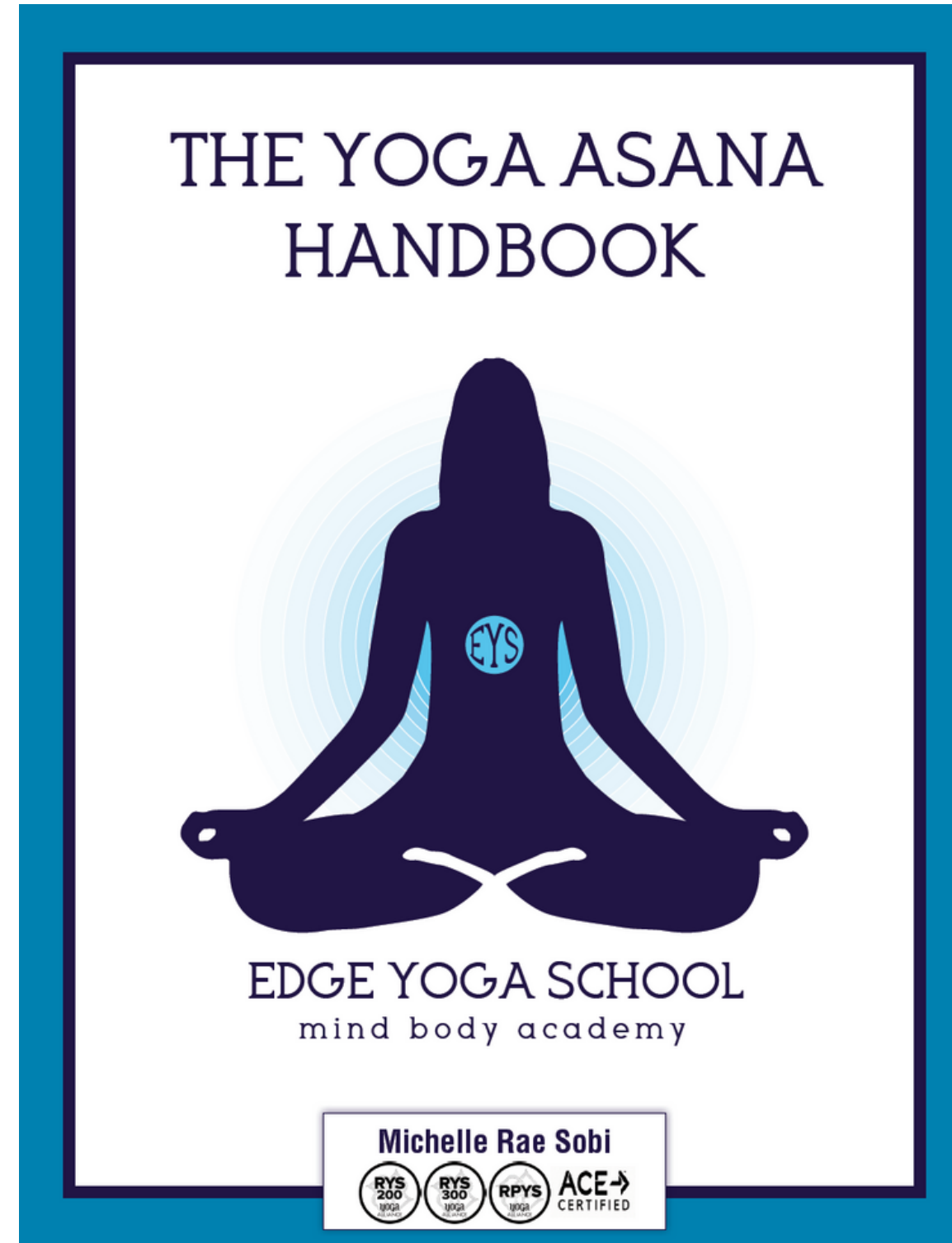
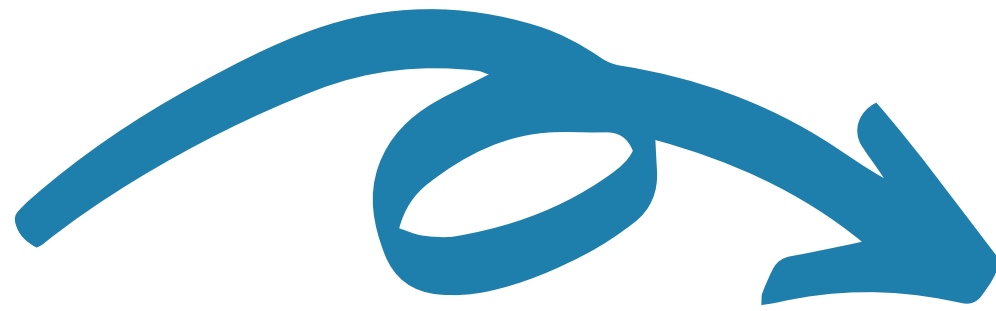
YOGA ANATOMY
BY KAMINOFF & MATTHEWS
2ND EDITION

YOGA ASANA HANDBOOK
BY MICHELLE RAE SOBI





YOGA ASANA HANDBOOK



FOR THIS
LESSON,
YOU'LL
NEED
YOUR
HANDBOOK



YOGA ASANA HANDBOOK



OPEN TO WARRIOR II IN YOUR HANDBOOK

ASANAS


WARRIOR II

VIRABHADRASANA II


CUES
Begin in Warrior One. Open hips and arms to Warrior Two. Arms are level with the shoulders. Front thigh is parallel with the floor. Knee is above ankle.

QUALITIES
Weight is even between front and back leg. Core strength holds this pose upright. Gaze is forward between fingertips. Shoulders are back and down. Neck is soft.

MODIFICATION
Narrow the stance. Lessen the bend of the knee.



Increases stamina, stimulates internal organs, strengthens legs and stretches upper body. Power. Stillness. Pure connection from mind to body.



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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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mind body academy



CONSIDER
THE IMPACT
OF THE
SYSTEM BY
THIS ASANA.



HOMework



TAKE-AWAY

CREATE A
CLASS TO INCLUDE
THIS ASANA 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:

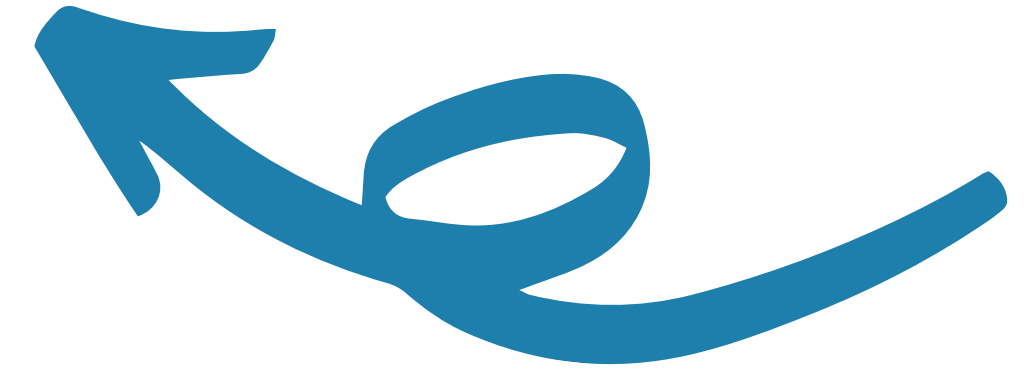
Posture #4:

Cues:

Qualities:

Modifications:

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THEME YOUR
MEDITATION TO
COMPLEMENT YOUR
ASANA PRACTICE!



*Thank
You!
Namaste.*

