



# REPRODUCTIVE SYSTEM & ASANA



WITH MICHELLE RAE SOBI



QUESTIONS:

WHAT IS THE REPRODUCTIVE SYSTEM?

HOW DOES MEDITATION AID THIS SYSTEM?

WHY DOES GODDESS POSE  
AID THIS SYSTEM?



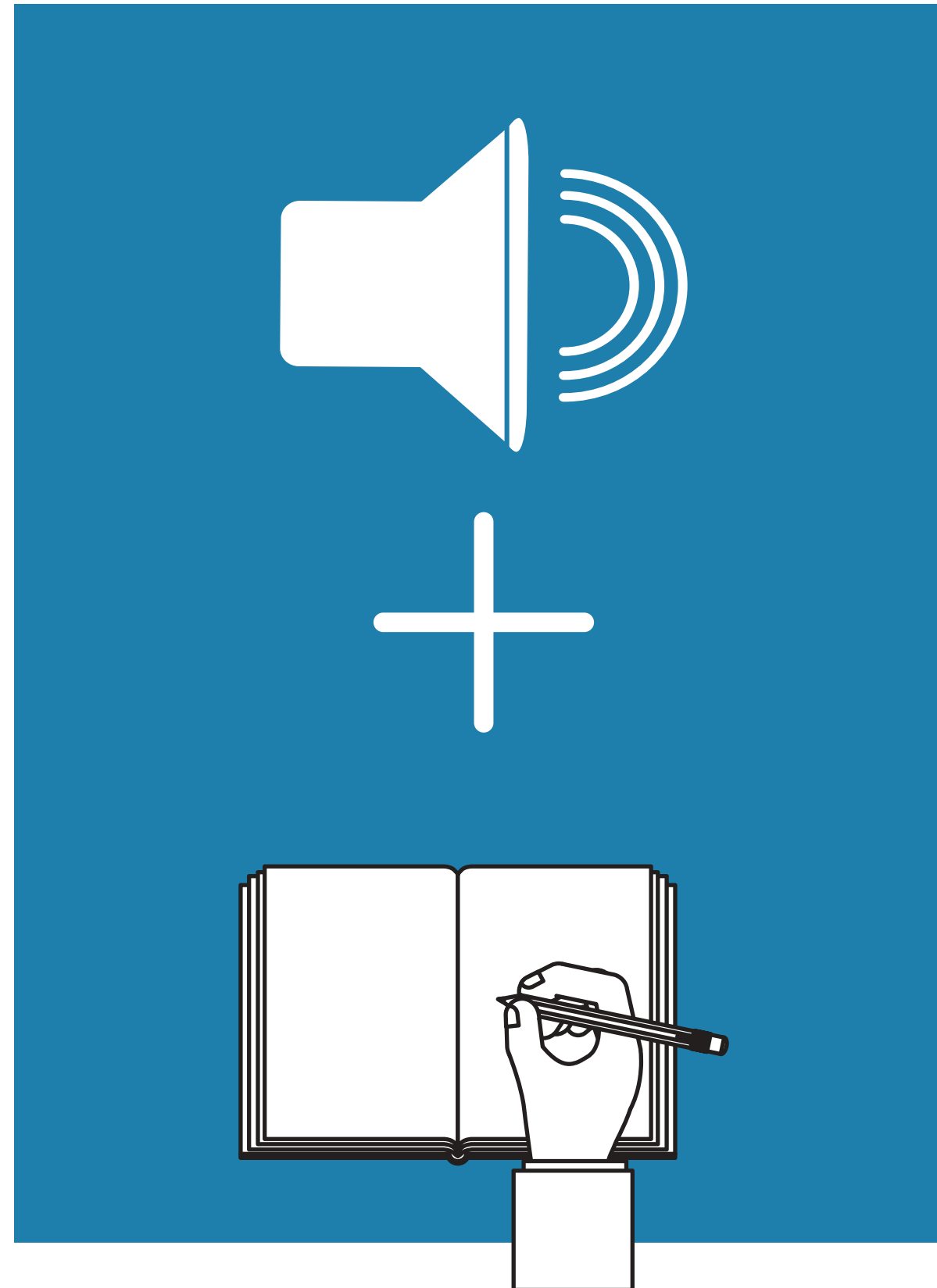


# JOURNALING EXERCISE



LISTEN TO THE  
LESSONS:

REPRODUCTIVE  
SYSTEM



JOURNAL YOUR  
REFLECTIONS.

WHAT DID YOU  
TAKEAWAY ON THIS  
SYSTEM?

HOW CAN THE  
ASANA AID IT?

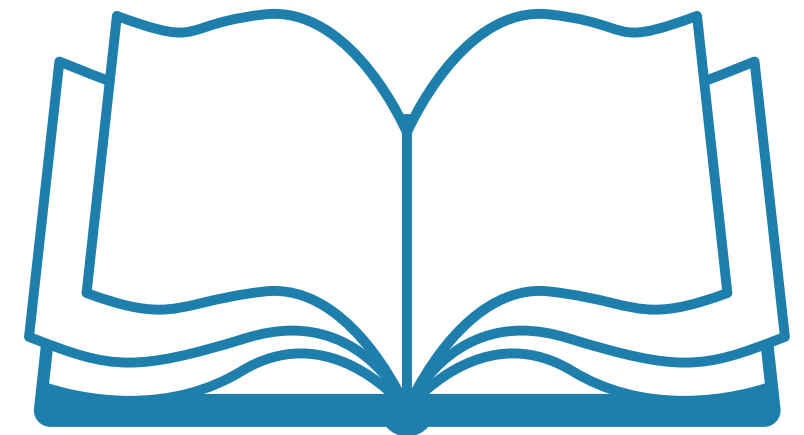


# THINGS YOU'LL NEED FOR THIS LESSON:



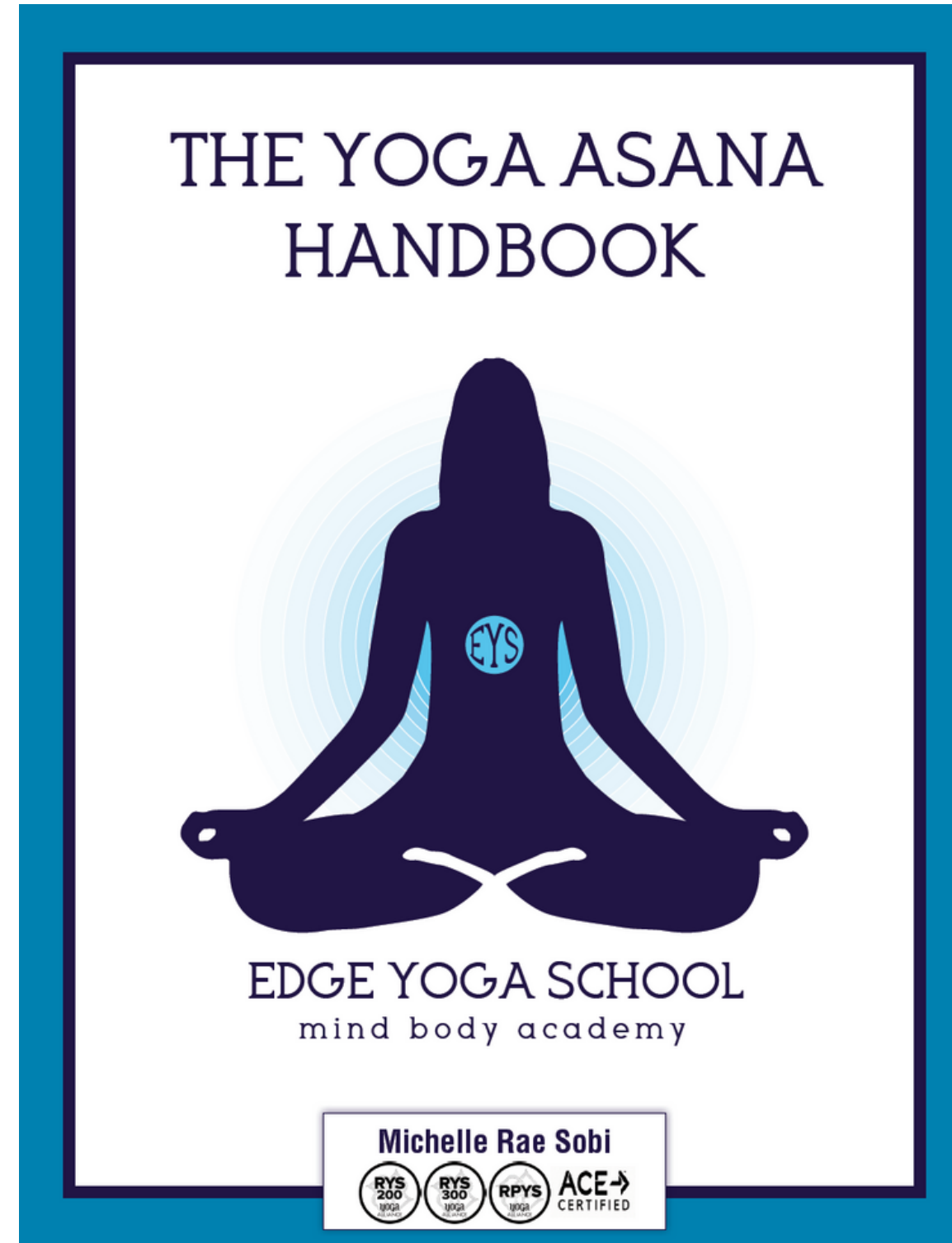
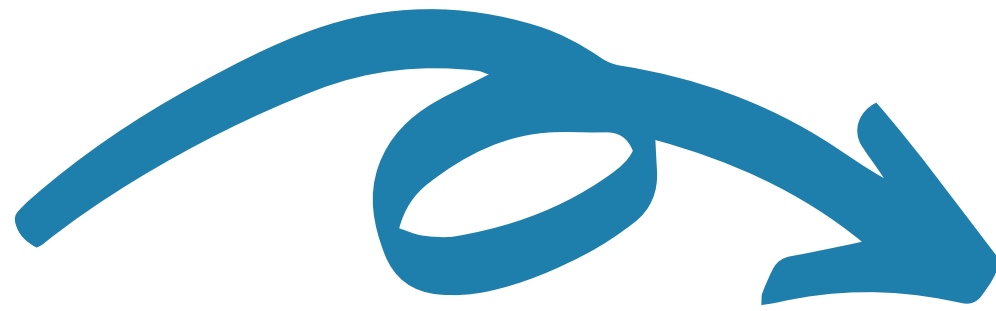
YOGA ANATOMY  
BY KAMINOFF & MATTHEWS  
2ND EDITION

YOGA ASANA HANDBOOK  
BY MICHELLE RAE SOBI





# YOGA ASANA HANDBOOK



FOR THIS  
LESSON,  
YOU'LL  
NEED  
YOUR  
HANDBOOK



# YOGA ASANA HANDBOOK



## OPEN TO GODDESS IN YOUR HANDBOOK

ASANAS

### GODDESS

UTKATA KONASANA

**CUES**  
Step open to a wide leg stance. Bring arms to a goal post position. Hug navel into spine.

**QUALITIES**  
Active core. Gaze is forward. Body is as if placed between two panes of glass. Arms are engaged. Shoulders are back and down away from the ears.

**MODIFICATION**  
Do not come down so low into Plie.



Stretches and strengthens, circulates heat throughout the body. Feel the power in this pose. From the toes to the fingers, the whole body is engaged. Feel the strength within.



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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.

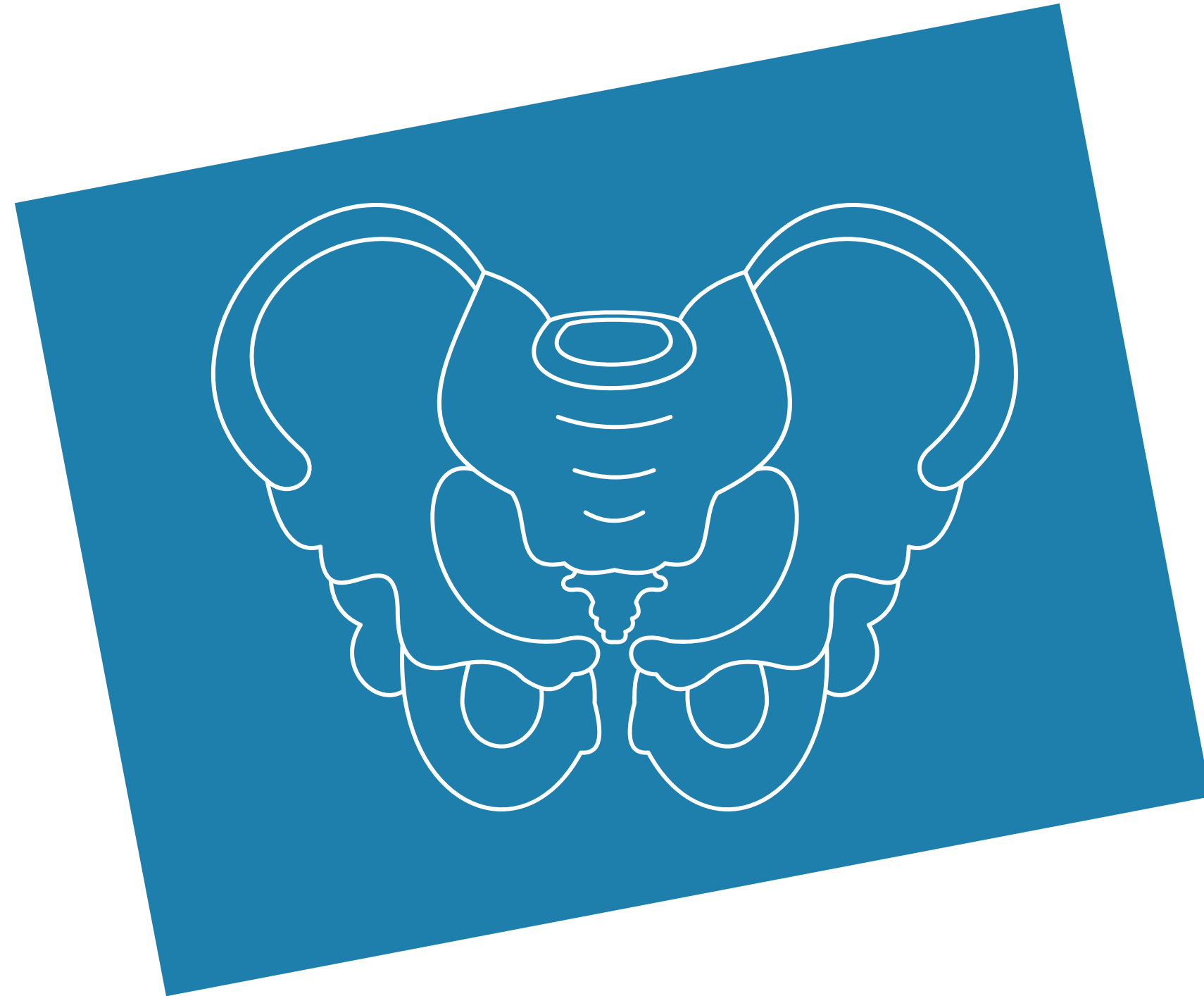
<p><b>In what ways does yoga change the muscular structure to improve health?</b></p>	<p><b>How do the postures in yoga work to enhance the connective tissue?</b></p>
<p><b>How does yoga go so deep it affects the skeletal structure and how so?</b></p>	<p><b>Going even deeper, how does yoga penetrate the cellular level and the benefits that result?</b></p>

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EDGE YOGA SCHOOL  
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:**

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**Posture #1:**

**Cues:**

**Qualities:**

**Modifications:**

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**Posture #2:**

**Cues:**

**Qualities:**

**Modifications:**

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**Posture #3:**

**Cues:**

**Qualities:**

**Modifications:**

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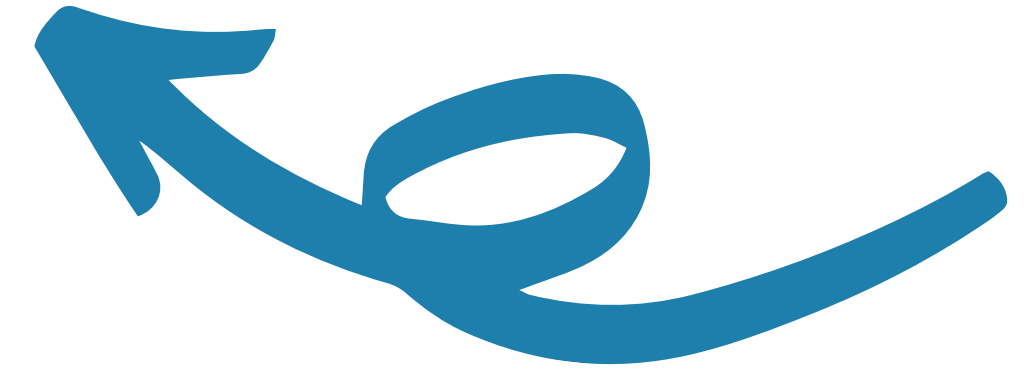
**Posture #4:**

**Cues:**

**Qualities:**

**Modifications:**

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THEME YOUR  
MEDITATION TO  
COMPLEMENT YOUR  
ASANA PRACTICE!



*Thank  
You!  
Namaste.*

