



# MUSCULAR SYSTEM

&

# ASANA

WITH MICHELLE RAE SOBI





QUESTIONS:



WHAT IS THE MUSCULAR SYSTEM?

HOW DOES MEDITATION AID THIS SYSTEM?

WHY DOES LUNGE  
AID THIS SYSTEM?



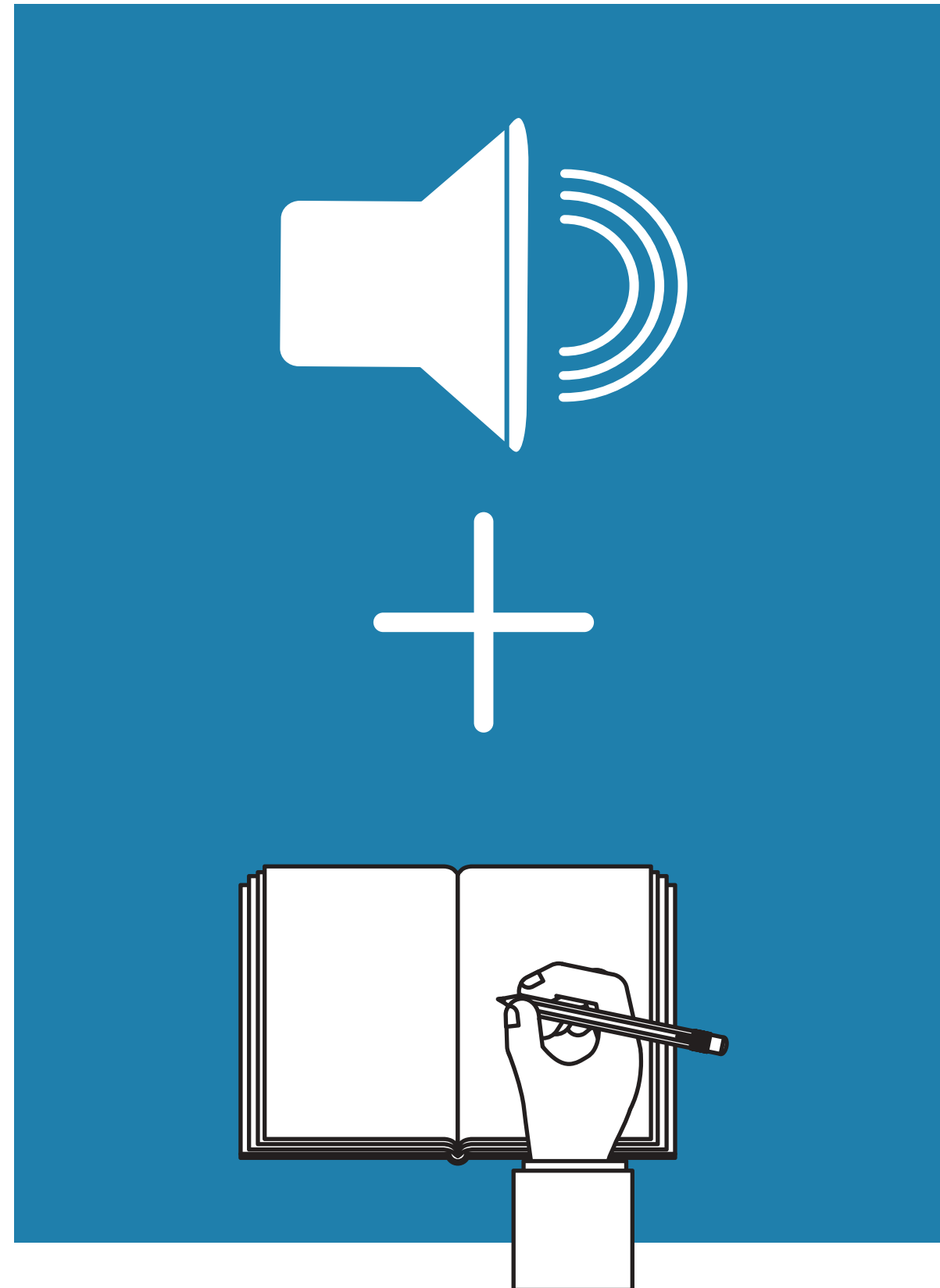


# JOURNALING EXERCISE



LISTEN TO THE  
LESSONS:

MUSCULAR  
SYSTEM



JOURNAL YOUR  
REFLECTIONS.

WHAT DID YOU  
TAKEAWAY ON THIS  
SYSTEM?

HOW CAN THE  
ASANA AID IT?

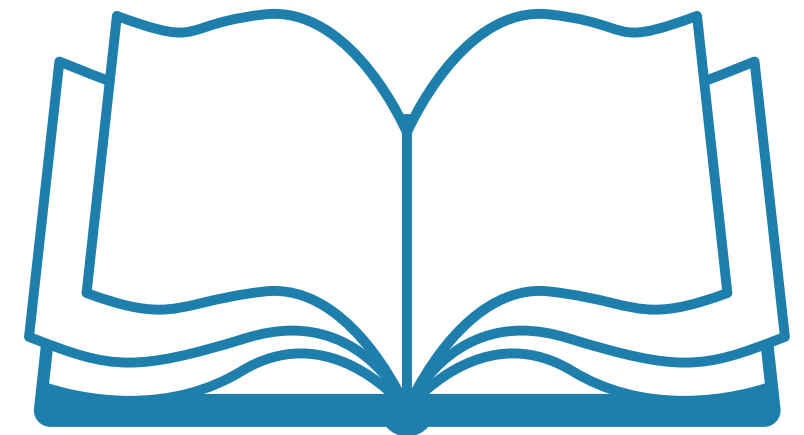


# THINGS YOU'LL NEED FOR THIS LESSON:



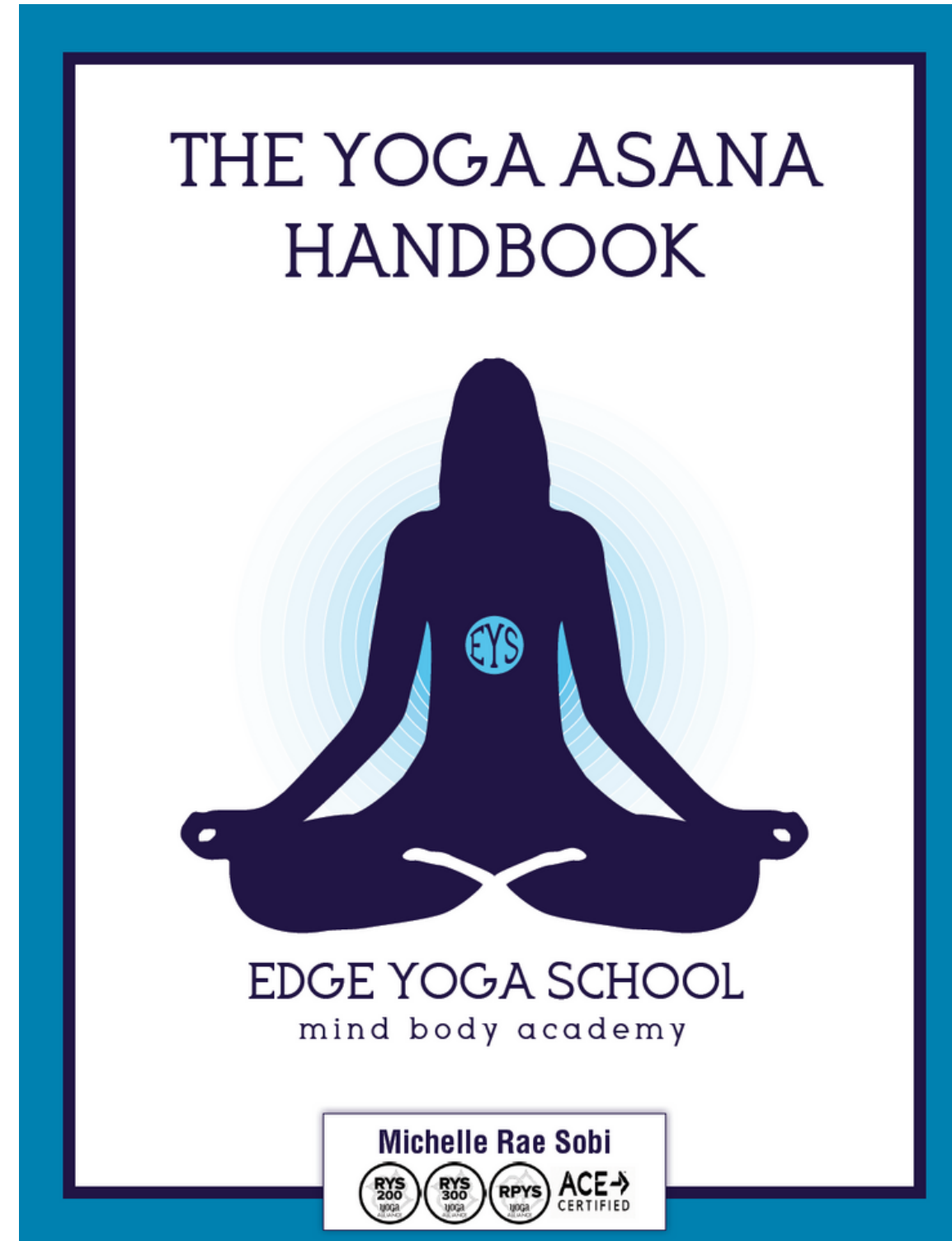
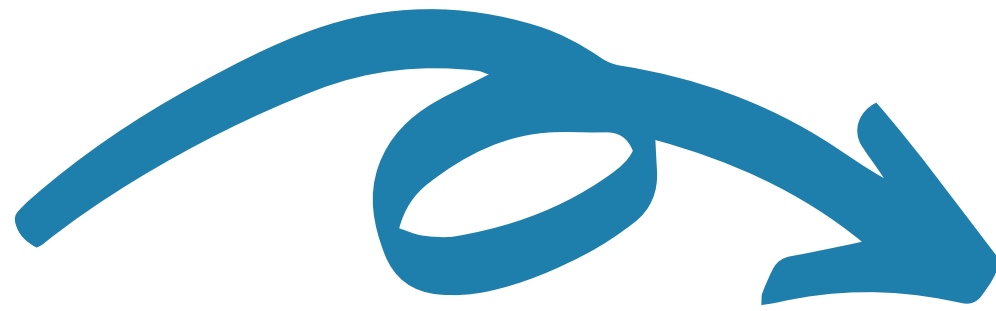
YOGA ANATOMY  
BY KAMINOFF & MATTHEWS  
2ND EDITION

YOGA ASANA HANDBOOK  
BY MICHELLE RAE SOBI





# YOGA ASANA HANDBOOK



FOR THIS  
LESSON,  
YOU'LL  
NEED  
YOUR  
HANDBOOK



# YOGA ASANA HANDBOOK



## OPEN TO LUNGE IN YOUR HANDBOOK

ASANAS


### LUNGE

ASHWA SANCHALANASANA


**CUES**  
Begin in Downward Facing Dog. Front foot tracks under knee. Back leg powers on ball of foot, with heel up. Kneecaps are lifted to engage the quads. Arms are on each side of the foot, with a flat palm. Core is active. Gaze forward.

**QUALITIES**  
Shoulders are back and down. Hips are square with shoulders. Knee is above ankle. Neck is soft. Chest is open.

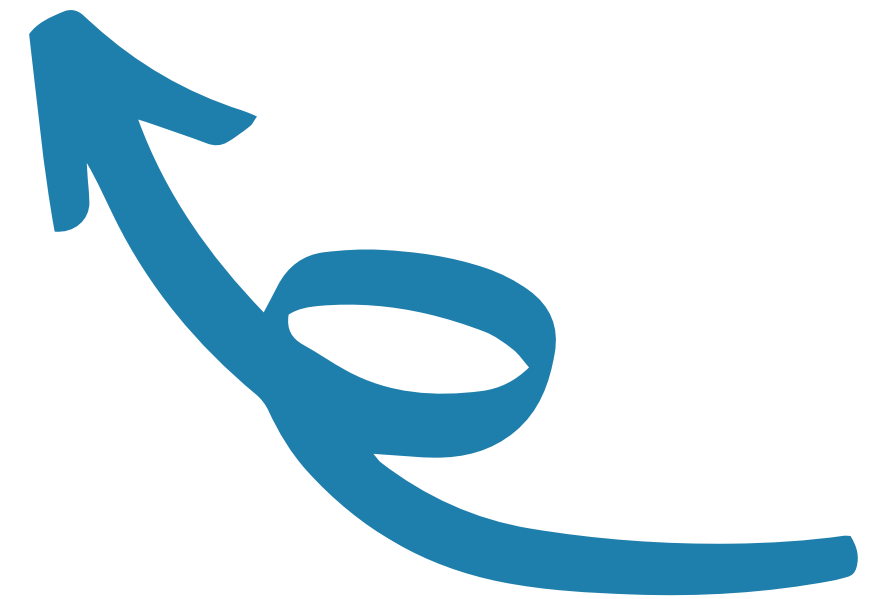
**MODIFICATION**  
Drop back leg to the knee. Bring back foot to 45-degree angle.



Stretches the groin, arms, and legs. This hip opener has the potential to strengthen and stretch the arms and the legs.



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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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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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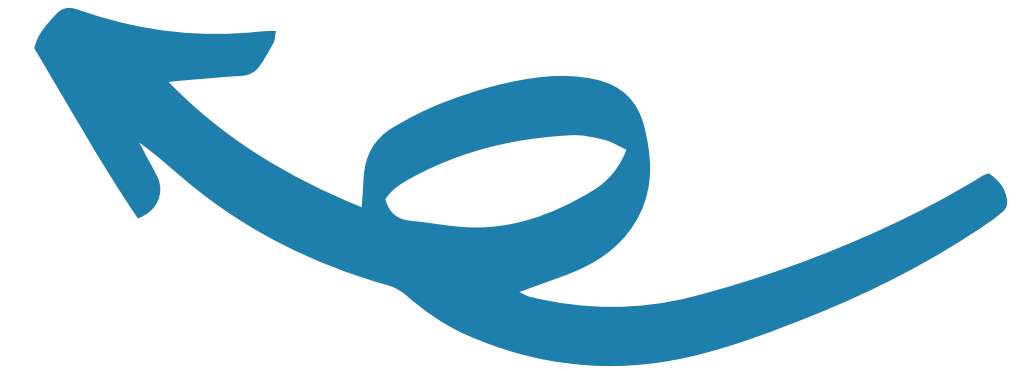
**Posture #4:**

**Cues:**

**Qualities:**

**Modifications:**

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THEME YOUR  
MEDITATION TO  
COMPLEMENT YOUR  
ASANA PRACTICE!



*Thank  
You!  
Namaste.*

