



CIRCULATORY SYSTEM & ASANA



WITH MICHELLE RAE SOBI



QUESTIONS:

WHAT IS THE CIRCULATORY SYSTEM?

HOW DOES MEDITATION AID THIS SYSTEM?

WHY DOES PLANK
AID THIS SYSTEM?



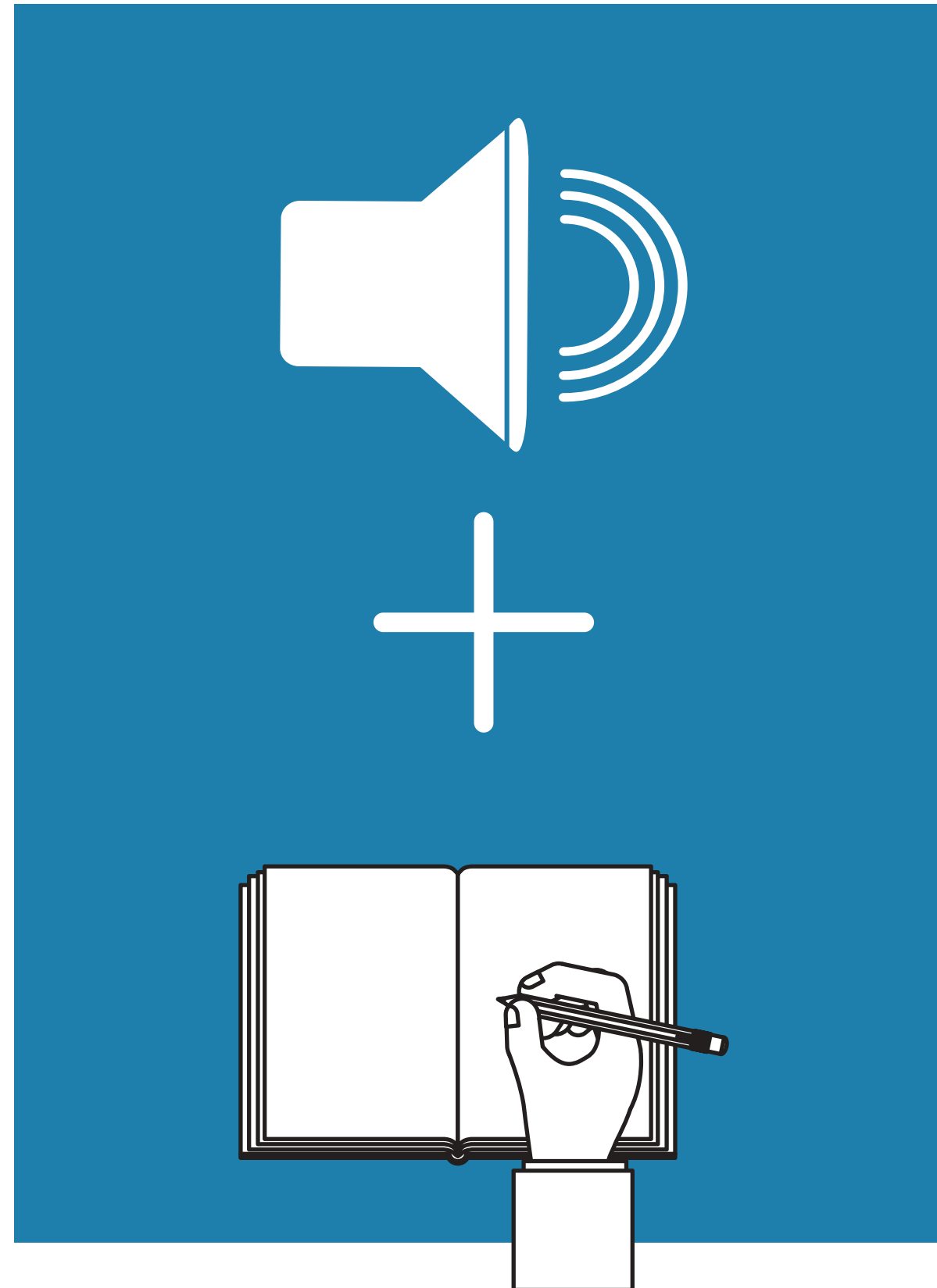


JOURNALING EXERCISE



LISTEN TO THE
LESSONS:

CIRCULATORY
SYSTEM



JOURNAL YOUR
REFLECTIONS.

WHAT DID YOU
TAKEAWAY ON THIS
SYSTEM?

HOW CAN THE
ASANA AID IT?

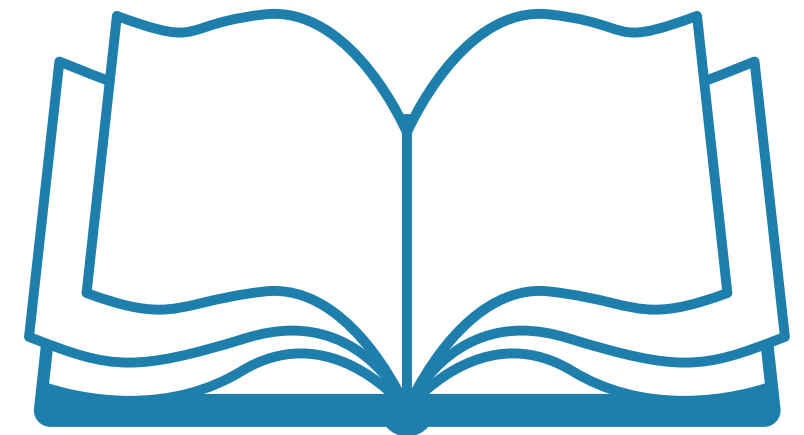


THINGS YOU'LL NEED FOR THIS LESSON:



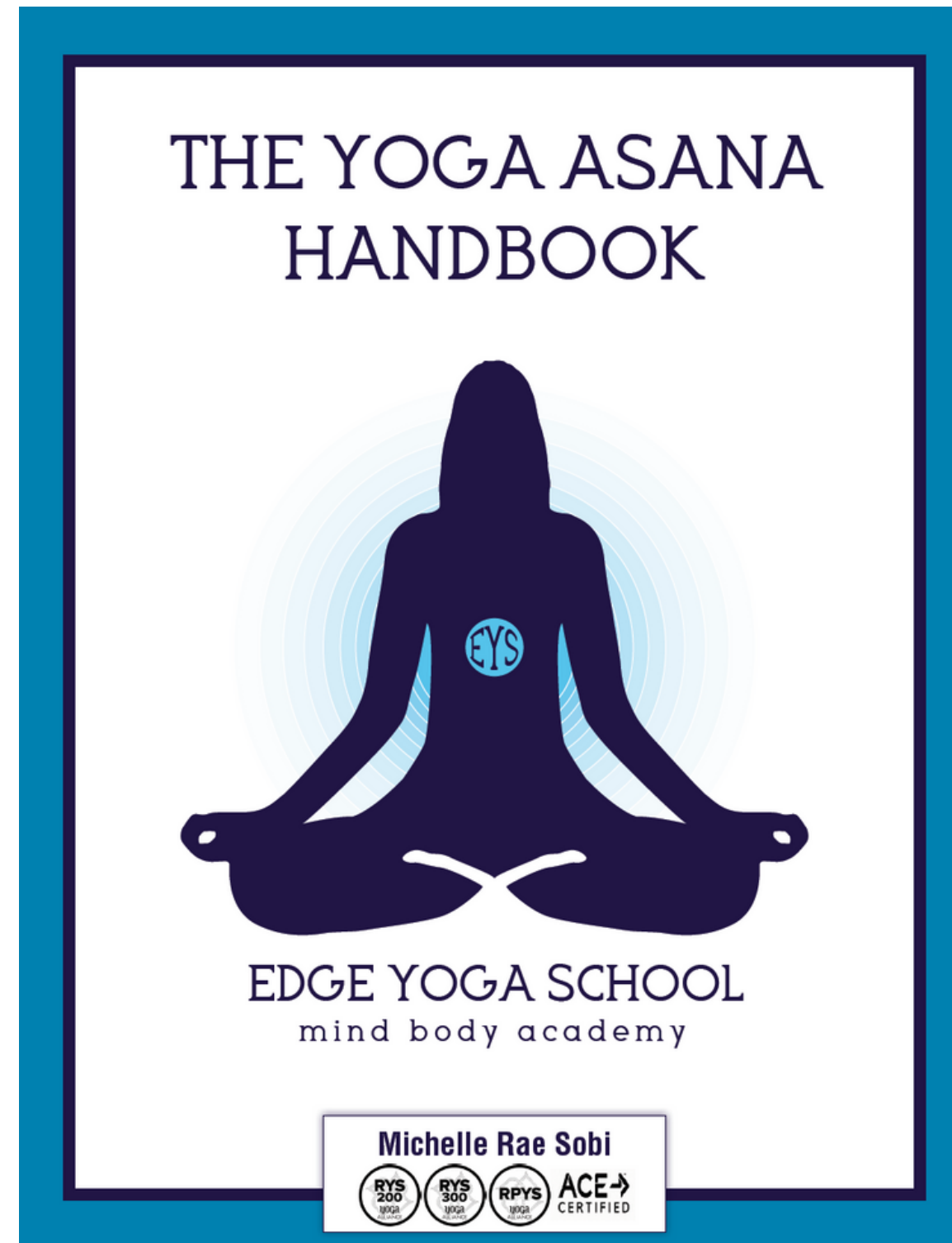
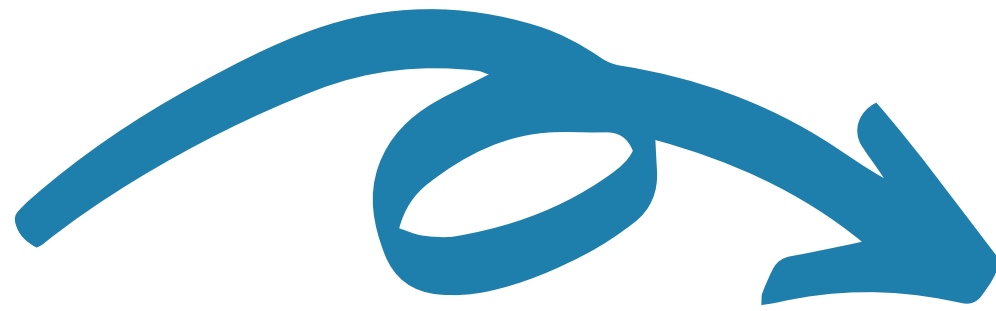
YOGA ANATOMY
BY KAMINOFF & MATTHEWS
2ND EDITION

YOGA ASANA HANDBOOK
BY MICHELLE RAE SOBI





YOGA ASANA HANDBOOK



FOR THIS
LESSON,
YOU'LL
NEED
YOUR
HANDBOOK



YOGA ASANA HANDBOOK




OPEN TO PLANK IN YOUR HANDBOOK

ASANAS

PLANK

CHATURANGA DANDASANA



CUES
Begin in Downward Facing Dog. Track the shoulders over the wrists into a plank position. Press into heels as you wrap the thighs and squeeze the glutes. Core is engaged and obliques hug toward the midline. Naval hugs spine. Shoulders are back and down, and the chest is open. Knee caps are lifted to engage the quads.

QUALITIES
Body is strong. This pose is primarily driven by core strength. Hug the naval to the spine. Squeeze the glutes.

MODIFICATION
Drop knees down. Come down to forearms.

Strengthens the whole body.
Strength and power. Hold the plank as the body starts to shake with an invigorating force. Engages full body.

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YOGA ASANA HANDBOOK



FILL OUT THE
WORKSHEET ON
PAGE 100

THE WORKBOOK

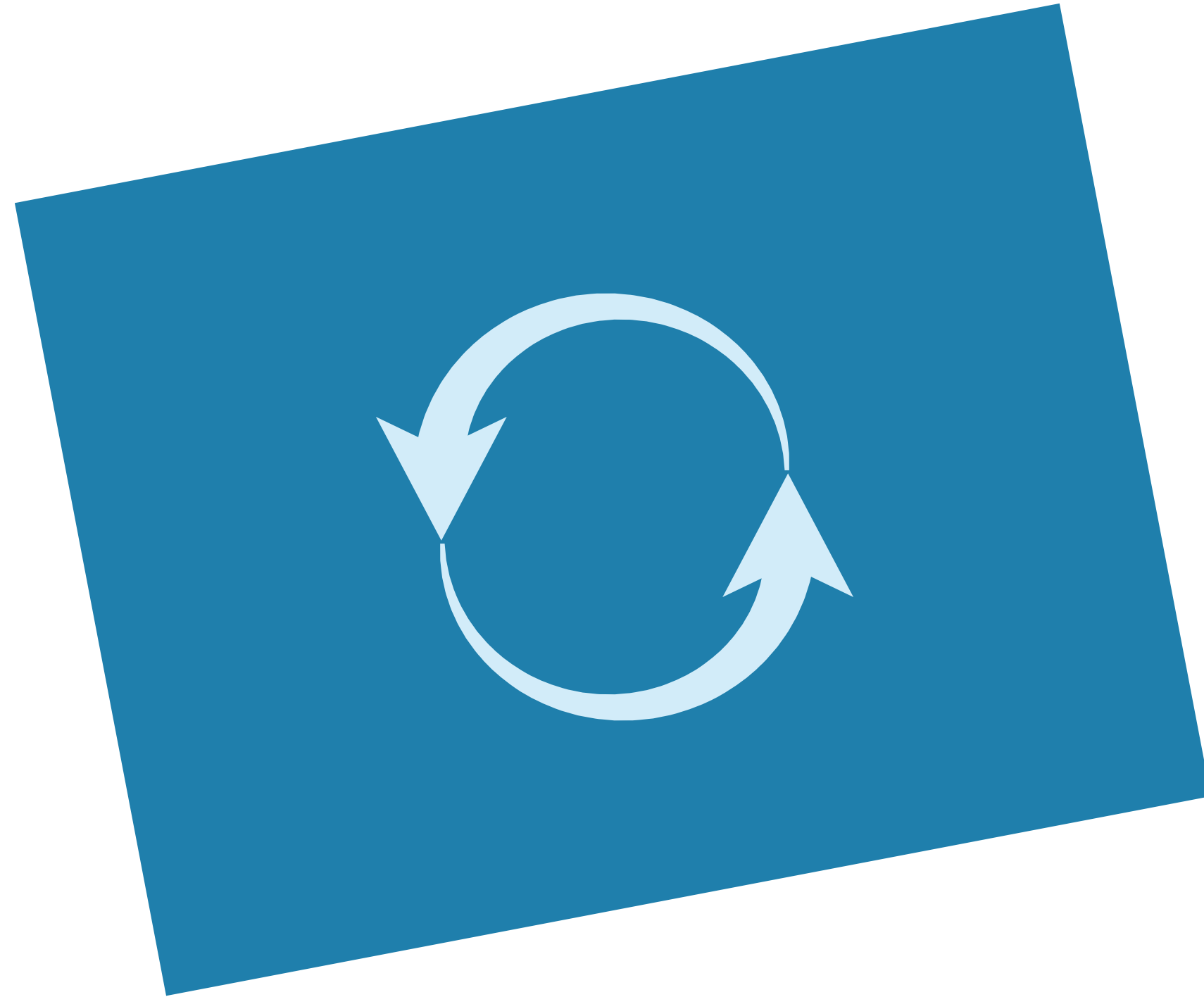
ANATOMY OF ASANA

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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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:

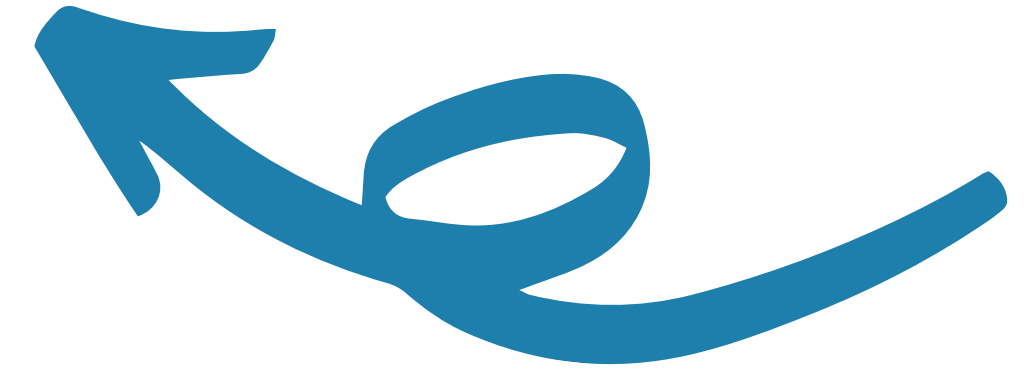
Posture #4:

Cues:

Qualities:

Modifications:

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THEME YOUR
MEDITATION TO
COMPLEMENT YOUR
ASANA PRACTICE!



*Thank
You!
Namaste.*

