

Anatomy Worksheet

Nervous System

What is the nervous system? There are two parts to our nervous system: the central nervous system which consists of the brain and spinal cord and the peripheral nervous system which consists of the nerves throughout the rest of the body (they are interconnected to communicate with the central nervous system).

How Does Meditation Aid this System? Meditation applies heavily to the peripheral nervous system which can be further broken down into the sympathetic nervous system (activates fight or flight response) or the parasympathetic nervous system (which restores the body to a state of calm which is what meditation will do).

Why does Warrior II aid the nervous system? It is an active asana that increases blood flow and strengthens several muscle groups, this ultimately leads us to find our breath and improve circulation which will trigger/engage the parasympathetic response.

The Takeaway: The nervous system is the system that tells us how to respond to stress or any other external trigger. Asana/yoga and meditation can do so much for this system by allowing the body to come to a restful state, it is here, that the body can rest, heal and recharge.

How does Asana aid it? Asana, including Warrior II will allow the body to strengthen and lengthen, this will improve circulation, and engages the parasympathetic response to allow our body to be in a calm state.

Anatomy of Asana:

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

Warrior II will strengthen the arms, legs, groin and back, as well as quadriceps outer hips, pecs and core, As these muscles lengthen and strengthen circulation, strength and balance will improve

How does it help to enhance connective tissues? This is a very active pose so proper alignment is especially important in the hips and the knees since the stretch here can be relatively intense if not done properly. If done with proper alignment though, it will be an excellent hip opener and knee strengthener.

How does yoga go so deep it affects the skeletal structure and how so? Again, very active pose for hips and knees so this will strengthen the knees, hips legs, pelvis, as well as the shoulders and spine.

Go deeper! How does it penetrate on a cellular level? This can be such a grounding yet empowering pose. So much strength and power that comes from the ground up and so much of the body being engaged allows this pose to activate the entire body, yet center the mind.

Primary Movers: glutes and quads, also hamstrings, arms core and spine

Consider the impact of this system by Warrior II: Again, although an active pose, this is one that we can find our breath, feel empowered, and allow are body to energetically enter into a restful state with all the physical benefits of asana

Create a Class: Empowerment

Posture 1: Warrior II

Cues: Exhale Warrior II, bend into your front leg, pivot your hips and back toes to the side of the mat. Stretch your arms wide. Gaze is forward and powerful

Qualities: Feel the strong foundation throughout your ball mounds and heels as they connect with your mat, press your shoulders down, away from your ears to elongate your neck, core is engaged

Modification: Option to take a shorter stance

Posture 2: Reverse Triangle

Cues: Inhale, straighten and press into your front leg and sweep your front arm up over your head.

Qualities: Engage your side obliques to keep your chest open, Energetically and isometrically draw your heels together to engage your inner thigh

Modification: Option to bring hands to hips

Posture 3: Extended Side Angle

Cues: Exhale, extended side angle recommit to a deeper bend in the front leg pivot your arms to 6 and 12, opening your chest

Qualities: core is engaged, press your bottom elbow into your knee to open you hip and your chest

Modification: Option to rest your palm on a block or lessen the bend in your front leg

Posture 4: Half Moon

Cues: Inhale, lift off, half moon, boost your back leg off the floor, straighten and press into your front leg and bottom arm, flex your back foot, keep your chest open

Qualities: Press your raised foot to the back wall and feel the strength lengthening out of it. Rotate your top hip point and shoulder socket to open your front line

Modification: Option to bring your hand to a block, slight bend in the knee

Theme a meditation: (Intention: standing at attention): As you stand at attention and bring awareness to the beating of your heart against your thumbs, I invite you to take a moment and recognize the courage, strength and conviction you have withing in yourself. It all starts by showing up and here you are, on your mat ready to practice. As you move forward in your practice, and you feel your muscles lengthening and strengthening, feel the power within them, even if you may begin to question yourself, know that you can and you are. Empower yourself and embrace the fact that you

showed up today. Here in this moment, feel strength and power fill you up, big inhale, and as a community exhale, lets flow.