



ANATOMY



RESPIRATORY

SYSTEM AND

PRANAYAMA

WITH MICHELLE RAE SOBI





QUESTIONS:

WHAT IS THE RESPIRATORY SYSTEM?

HOW DOES PRANAYAMA AID THIS SYSTEM?

WHY DOES MOUNTAIN POSE
AID THIS SYSTEM?



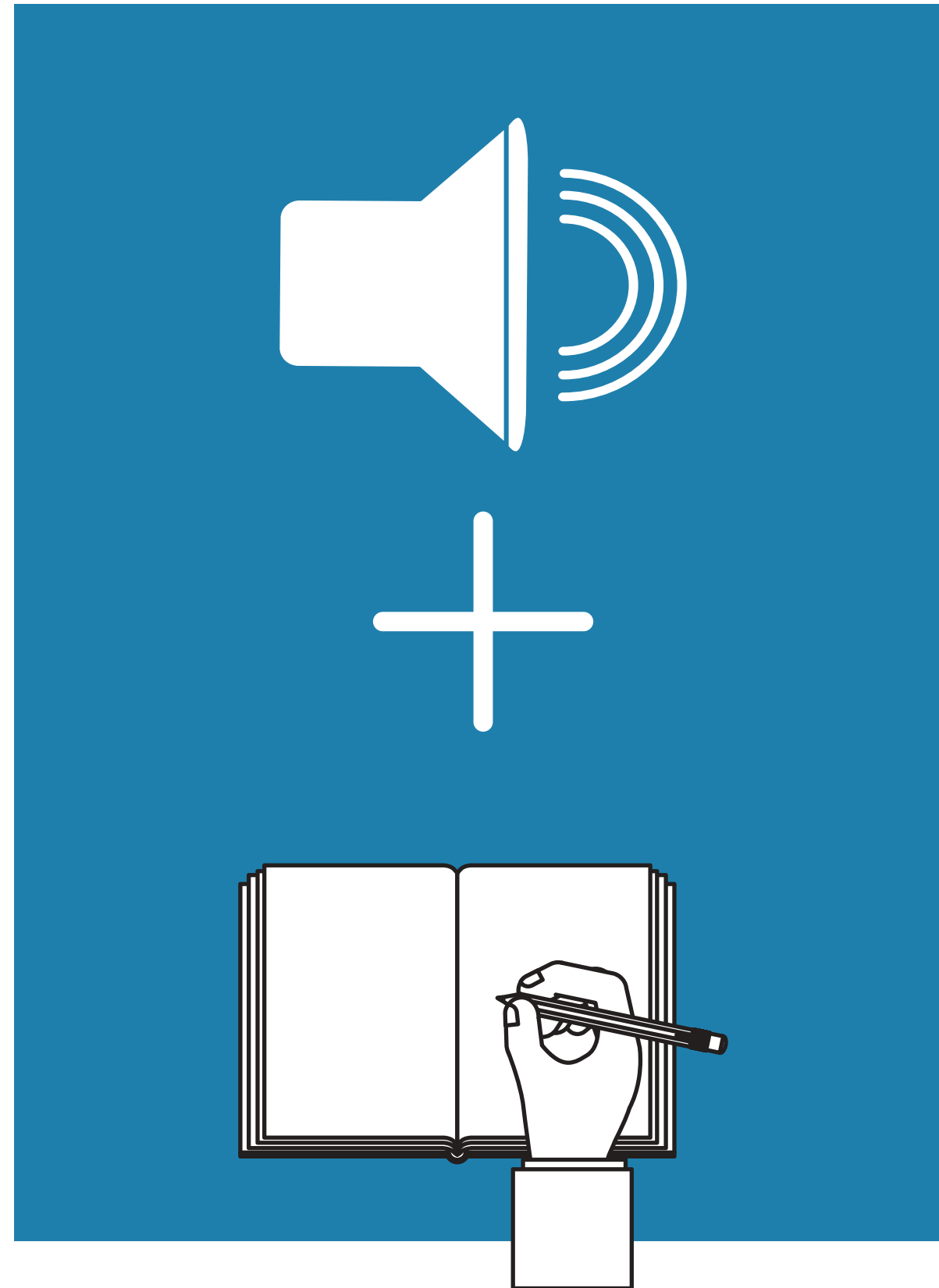


JOURNALING EXERCISE



LISTEN TO THE
LESSONS:

THE RESPIRATORY
SYSTEM AND
PRANAYAMA
&
MOUNTAIN



JOURNAL YOUR
REFLECTIONS.

WHAT DID YOU
TAKEAWAY ON THIS
SYSTEM?

HOW CAN THE
ASANA AID IT?

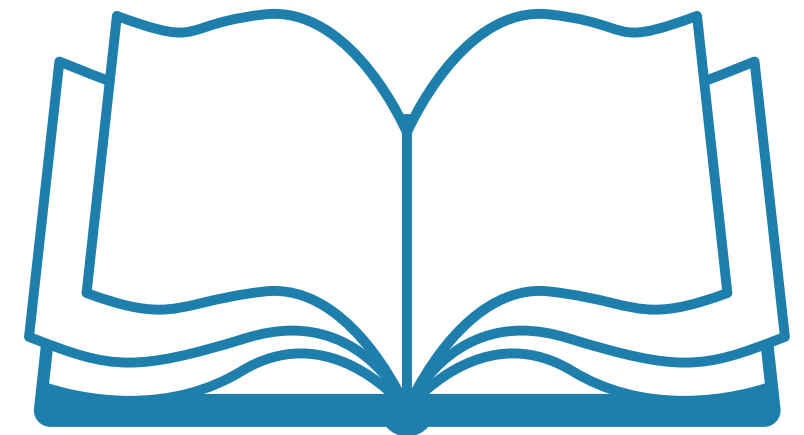


THINGS YOU'LL NEED FOR THIS LESSON:



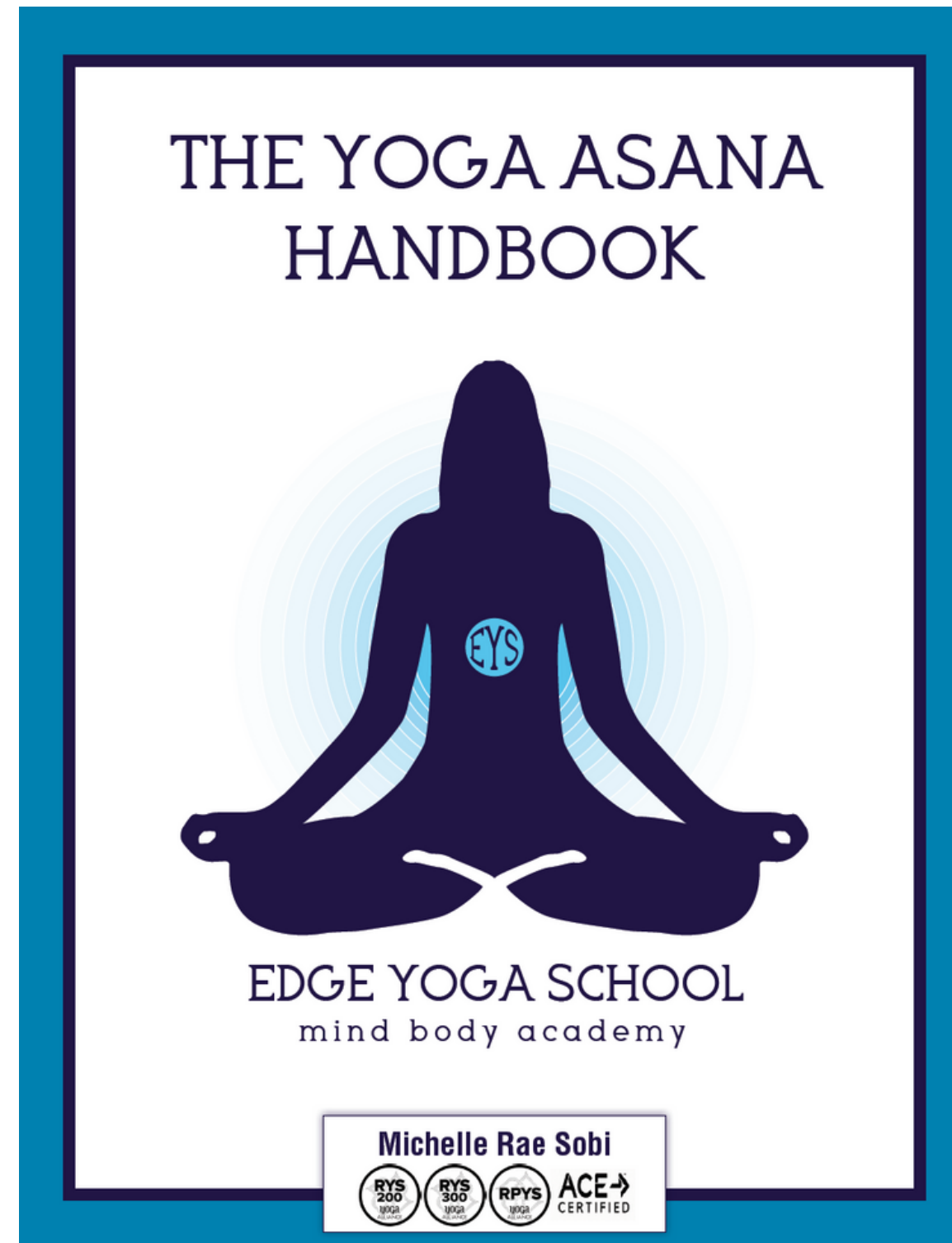
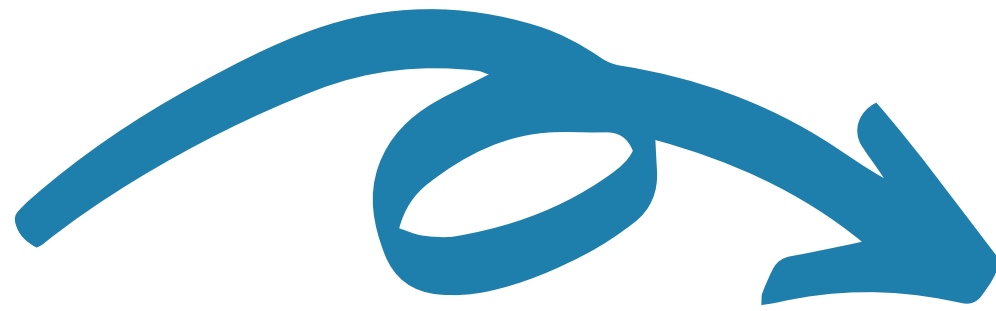
YOGA ANATOMY
BY KAMINOFF & MATTHEWS
2ND EDITION

YOGA ASANA HANDBOOK
BY MICHELLE RAE SOBI





YOGA ASANA HANDBOOK



FOR THIS
LESSON,
YOU'LL
NEED
YOUR
HANDBOOK




YOGA ASANA HANDBOOK



OPEN TO MOUNTAIN POSE

ASANAS

MOUNTAIN TADASANA



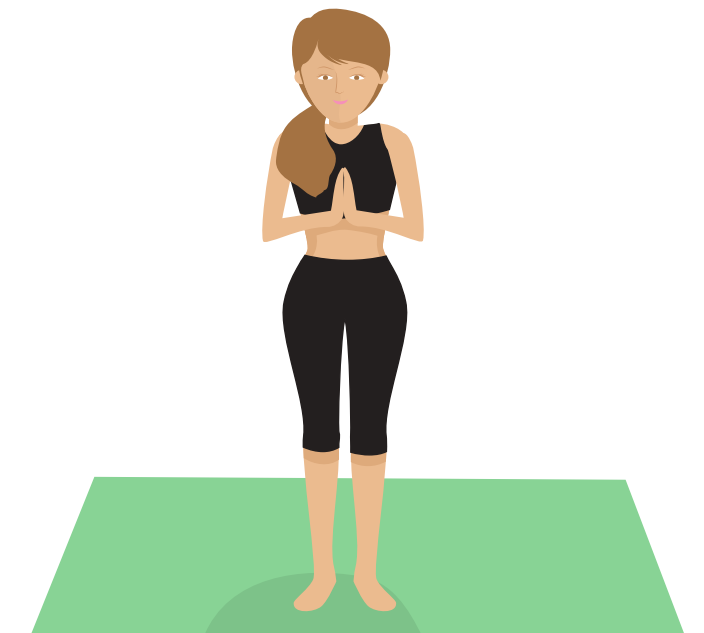
CUES
Feet are hip-width apart. Center lines of your feet are parallel. Squeeze shoulder blades together and down your back. Shoulders move away from your ears. Palms are facing forward. This is the base for all standing poses.

QUALITIES
Bring your awareness into your body. Breathe into your low belly. Feel the weight distributed on your feet in the three connected areas; heel, ball mounts, toes.

MODIFICATION
Not necessary unless doing therapeutic yoga. This is accessible for most.

Improves posture, strengthens the body as a whole, while improving balance. With the core engaged, kneecaps lifted and body lengthened, feel the power within during this pose.

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YOGA ASANA HANDBOOK



FILL OUT THE
WORKSHEET ON
PAGE 100

THE WORKBOOK

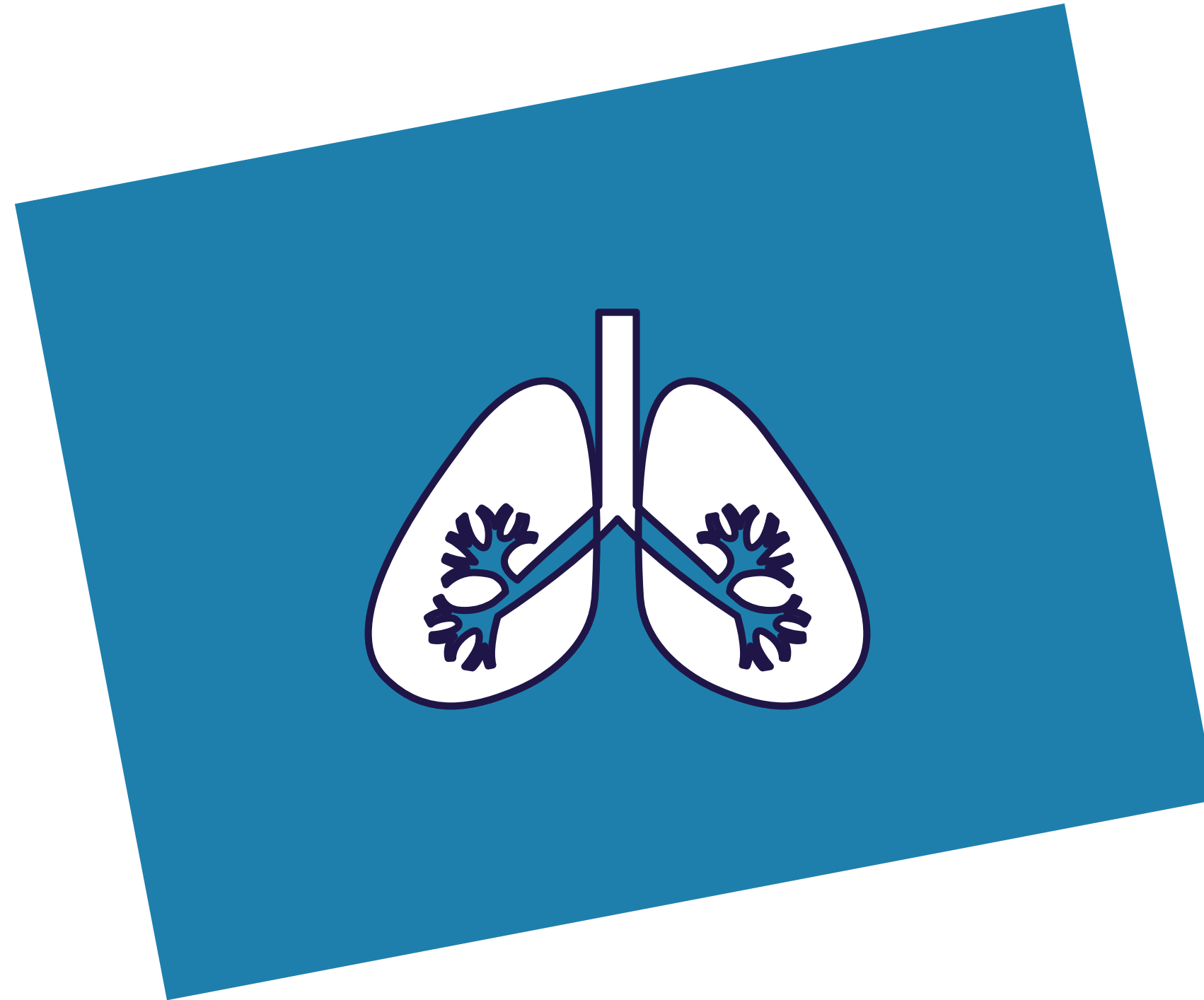
ANATOMY OF ASANA

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
ASANA VS
PRANAYAMA.



HOMework



TAKE-AWAY

CREATE A
CLASS TO INCLUDE
MOUNTAIN 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:

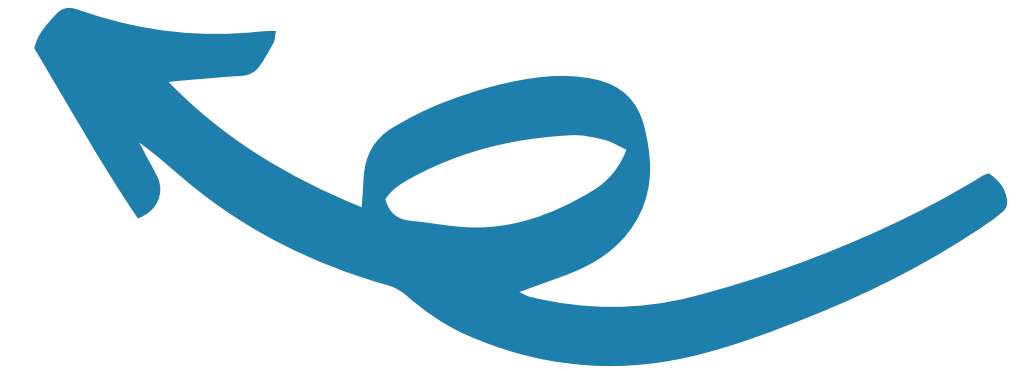
Posture #4:

Cues:

Qualities:

Modifications:

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THEME YOUR
MEDITATION TO
COMPLEMENT YOUR
ASANA PRACTICE!



*Thank
You!
Namaste.*

