

Anatomy Worksheet

Skeletal System

What is the skeletal system? The skeletal system is made up of bones and joints (where to bones join together).

How Does weight bearing exercise Aid this System? Weight bearing exercise will help to strengthen bones and bone density. Higher bone density leads to healthy bone growth and development and ultimately strength and stability. (bone density decreases with age, especially after menopause, so strengthening the bones can improve stability and balance and reduce the risk of falls).

How Does Upward Facing Dog Aid the skeletal system? Because there is engagement in the joints this increases the flow of synovial fluid. As a result of movement, these fluids assist the cartilage, bones and joints making them better lubricated, decreasing pain and improving function.

The Takeaway: The skeletal system is essentially our foundation, it is what holds us up, so it is important that we treat it right by exercising and meditation (which can actually help to decrease chronic pain)

How does Asana aid it? Asana, specifically upward facing dog is going to encourage the flow of synovial fluid to/from/and around the joints helping them to function better. In addition, the weight bearing that is taking place as we hold our bodies up, will also increase bone function as it will strengthen bones and their density.

Anatomy of Asana:

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

Upward facing dog will stretch the chest, legs and back but also strengthens the arms, wrists and back. This all works towards energizing the body and strengthening the back which can help with better posture.

How does it help to enhance connective tissues? Because the joints are being activated, fluids will be moving around to help lubricate the joints, stretch the muscles and strengthen the bones

How does yoga go so deep it affects the skeletal structure and how so? Here, we will see bones in the feet, spine, chest, shoulders and joints

Go deeper! How does it penetrate on a cellular level? Aside from its physical benefits that obviously help encourage better posture and lessen back pain, upward facing dog is energizing and can help the systems of the body which can decrease fatigue and depression and improve mood.

Primary Movers: arms, shoulders, lower back, abs and chest, legs

Consider the impact of this system by asana? This is an amazing pose to do especially to reverse the poor posture many of us exhibit on a daily basis

Create a Class: Find your breath and shine on!

Posture 1: Upward Facing Dog

Cues: Inhale Upward facing dog, stack your shoulders above your wrists, Slowly draw your knees off the mat, engage your core and shine your chest forward

Qualities: Press your shoulders back and down to elongate the neck, wrap your thighs inward to engage your glutes

Modification: Option to lessen the bend in your back

Posture 2: Puppy pose

Cues: Exhale puppy pose, swing your sits bones back and above your heels, sink your chest and forearms into the floor

Qualities: Engage your arms to lift your elbows off the floor

Modification: Option to take table top

Posture 3: Cow

Cues: Inhale Cow, press your belly down, shine your chest through, arch your back as you gaze to the sky

Qualities: Press firmly into your mat to keep your arms engaged

Modification: Option to lessen the arch in the back

Posture 4: Cat

Cues: Exhale Cat pose, Round out your back, bring your chin to you chest

Qualities: Hug your navel to your spine to keep your core engaged

Modification: Option to stay in table top or not round out as much

Theme a meditation: (End of class) With each and every breath embrace and appreciate all that your body has just experienced. The moments that you shined through something new. Bring yourself back to your breath, at all times, especially those that may be challenging, allow yourself to find the courage to remember your ability to shine strong, find your breath and be present in each and every moment.