

Anatomy Worksheet

Urinary System

What is the Urinary system? The urinary system consists of the kidneys, ureters, bladder, sphincter muscles and the urethra. The purpose of this system is to eliminate waste from the body, regulate blood volume and pressure. It also controls levels of electrolytes and metabolites and regulates the pH of the blood.

How Does Meditation Aid this System? Surprisingly, mindfulness can help to control issues with an overactive bladder.

How Does four limbed staff aid the urinary system? This is a very effective pose in strengthening the arms, legs but especially the core. By strengthening the core, it will improve strength and circulation to the pelvic floor which will ultimately help the function of the urinary system.

The Takeaway: As we use meditation and four limbed staff to strengthen the pelvic floor it will allow the body to effectively eliminate waste and urinary function.

How does Asana aid it? Core engaging poses, like four limbed staff, are doing a lot of engaging that will compress and massage the internal organs, this stimulates circulation, function and control over this system.

Anatomy of Asana:

In what ways does yoga change the muscular structure to improve health? The four limbed staff is an amazing posture for the muscular structure, It strengthens muscles throughout the whole body which can help with better posture and balance.

How does it help to enhance connective tissues? This pose helps to strengthen the elbows, wrists, and shoulders, it also engages the muscles of the core which are going to massage the internal organs improving circulation and function.

How does yoga go so deep it affects the skeletal structure and how so? This pose will help to strengthen the scapula bones of the shoulder as well as the wrists, this is great for preparing the body for arm balances.

Go deeper! How does it penetrate on a cellular level? Because this is such an engaging posture, it really allows the practitioner to bring full awareness to body and breath.

Primary Movers: arms, legs, shoulders, core , back

Consider this impact on this system by asana: Both the urinary system and the digestive system will be stimulated through this active pose, stimulating circulation and function

Create a Class: Yes you can, find your strength

Posture 1: High plank

Cues: Inhale High plank, stack your shoulders above your elbows, your elbows above your wrists, hug your navel to your spine

Qualities: Press your shoulders down and away from your ears to elongate the spine, wrap your thighs inward to engage the glutes

Modification: Option to come to your knees

Posture 2: Four Limbed Staff

Cues: Exhale, hinge forward, lower slowly, four limbed staff, find strength here. Hover your chest above your mat, core is engaged

Qualities: Press firmly into your palms and find strength as you hold yourself up, crown of the head shoots to the front of your mat to keep the spine long

Modification: Option to rest your knees, option to come all the way down (instead of hovering)

Posture 3: (Drill) Push ups

Cues: Inhale drop your knees and push up through your palms and arms, exhale lower, inhale rise, exhale lower, inhale rise, exhale lower dip your chest just above your mat, yes you can!

Qualities: Keep your shoulders away from your ears to keep your neck long, engage your abs to activate your core

Modification: Option to baby bend your elbow

Posture 4: Crocodile pose

Cues: Inhale rise, exhale lower down to your mat, crocodile pose, rest your tops of your feet on your mat, palms stacked with your third eye making a connection

Qualities: Relax your shoulders, arms and back to allow your body to melt into your mat

Modification: option to bring your arms to the side

Theme meditation: (Beginning of class-standing at attention/first mountain) As you bring your palms to your heart center, I invite you to find an intention for today's class. If you need a little guidance, I invite you to feel strength today. With every breath, every posture, you are here, you are present, you are strong, and you can push through each moment with strength and calm.