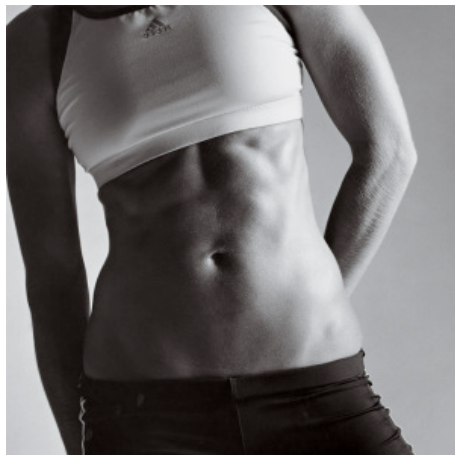
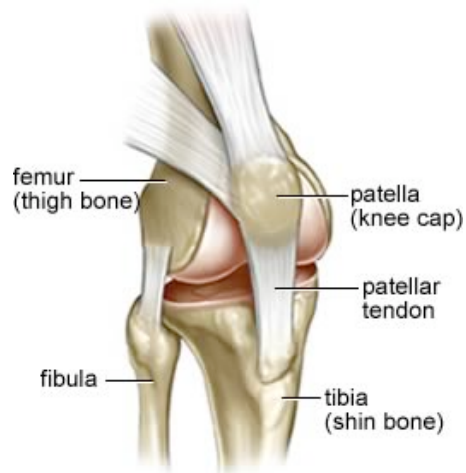
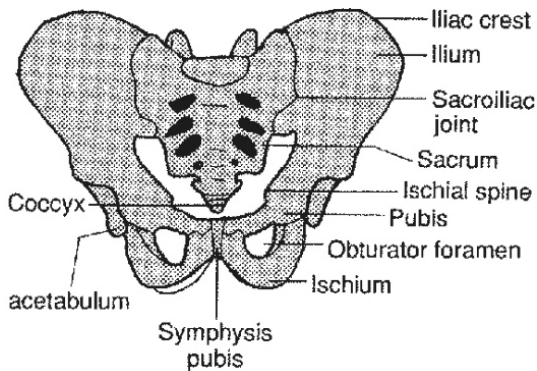
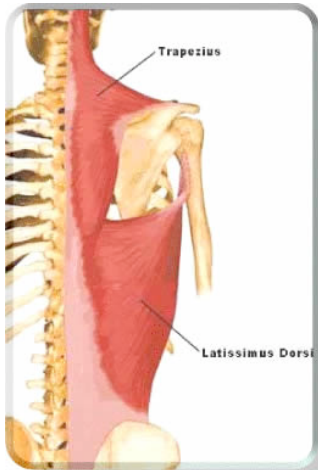
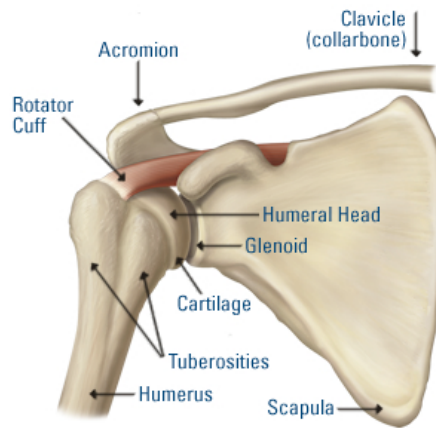


Common areas used in yoga



Common areas used in yoga practice

feet - our foundation, connection to the earth, source of balance

parallel to open the hips/lower back

4 corners of feet

‘yogi toes’, spreading will make foundation and balance come alive!

(standing firelog, bakasana, vasisthasana)

knees - locomotion joint, sensitive to weight/torque, ‘needy’ (lots of support)

most happy directly over ankles and bent in same direction as feet

(virabhadrasana II, ukatasana, garundasana, virasana)

extension vs. hyperextension (‘calf loop’)

(parsvottanasana, trikonasana, janu sirsasana, heels down)

pelvis - major intersection, home of muladhara chakra

tilts anterior with weak abs, tight quads, tight psoas

tilts posterior with weak back muscles, tight hamstrings

inner/outer spiral, or ‘pelvic loop’ to find center

(tadasana, standing quad stretch, uttanasana)

spine - home of the nadis, central core of strength/stability

flexibility in all directions (flexion, extension, hyperextension, rotation,
lateral flexion)

maintain natural curve

forward bending can compromise S1, L5, L4!

(sukasana, pashimottanasana, thread kneedle)

Common areas used in yoga practice

abdomen - solarplex/manipura chakra, power, extroverted, east side, ego
intentionally engage
linked to posterior tilt of pelvis
yoga core without a single sit up!!!
(*sirsasana, arm balances, down dog-plank transition, cat*)

back - humility, trust, west side, universal
often ignored as core strength
'kidney loop' to fill back of body
when abs quit and lumbar takes over 'you're done!'
(*parsvakonasana, box- vertebrae check, handstand*)

chest - anahata chakra, heart center, emotions
tends to tighten and weaken.....kyphosis, shoulder/neck issues
balance strength/flexibility with back
(*wall stretch, parsva bakasana, cactus arms+tilt*)

shoulders - source of expression, practice in awareness, another 'needy' joint
'don't wear them as earrings'.....shoulder loop
(*urdhva dhanurasana, adho mukha svanasana,*)
'see-saw principle'
(*trikonasana, bhujangasana*)

<u>AREA</u>	<u>ALIGN</u>	<u>STRENGTHEN</u>	<u>STRETCH</u>
<u>FEET</u>	spread toes 4 corners	tip-toe pose malasana	baseboard 'floint'
<u>KNEES</u>	micro-bend 'SITO'	vira II utkatasana	virasana
<u>PELVIS</u>	inner/outer spirals	mula bandha pelvis tilts	anjaneyasna thread kneedle
<u>SPINE</u>	extend	locust twists	pashimott. (bent knees)
<u>ABDOMEN</u>	in/up, but sensitive	plank navasna	cobra
<u>BACK</u>	extend fill back body	urdhva dhanurasana	uttanasana (hold elbows)
<u>CHEST</u>	lifted/open 'inner body bright'	bakasana	interlace, bow ustrasana
<u>SHOULDERS</u>	arm bones back s.blades on back	dolphin sirsasana	puppy kneeling twist