**Posture Worksheet**

**Posture Name (Sanskrit):**

**Pronunciation:**

**Posture Name (English):**

**Alternate Posture Names:**

**General Type of Posture:**

Standing Seated Inverted Balancing

Forward Bend Backward Bend Twist Side Bend

**Approximate Physical Intensity:** Low Medium High

**Pose Technique:** Provide Breath Cues (inhale/exhale) alongside Movement/Alignment Cues (how to get in/out of pose safely)

**Prop Technique Options:**

**Physical Assist Technique Options:**

**Verbal/Self Assists:**

**Modifications and Variations to Offer:**

**Contraindications:** *These are not really contraindications but cautions:*

**Common Body/Breath Challenges**

Quick Guide to Major Muscle Groups and their Basic Functions

|  |  |  |
| --- | --- | --- |
| **Muscle Group** | **Location** | **Actions** |
| Delts (Deltoids) | Shoulder | Carry items |
| Biceps | Front of upper arm | lifting, forearm rotation |
| Triceps | Back of upper arm | straightening arm |
| Pecs (Pectorals) | Chest | support holding things in front of body or reaching behind |
| Abs (Abdominals/Core; includes a hip flexor) | Between ribs and hips | breathing, twisting, bending over, posture |
| Obliques | Side body | twisting, side bending |
| Traps (Trapezius) | Upper back | tilt & turn head, shrug shoulders, lift items overhead |
| Lats (Latissimus Dorsi) | Mid to lower back | pull something into body, take something down from overhead, swimming |
| Erector Spinae | Along spine | extend spine, posture, bend forward, sideways |
| Glutes (includes hip extensors, hip abductors) | Booty | move legs backward and sideways |
| Hamstrings (includes hip extensors) | Upper back part of leg | bend knees and propel body forward |
| Calves | Lower back part of leg | lift heels up, walk/run/ up stairs, sprinting jumping |
| Quads (Quadriceps; includes hip flexors) | Upper front part of leg | help legs straighten, sit to stand, stabilize knee, help rotate hips |

* Which major muscle groups are *engaging* in the pose?

|  |  |  |
| --- | --- | --- |
| * Calves * Quadriceps * Hamstrings * Hip flexors * Hip extensors * Hip adductors * Hip abductors | * Glutes * Erector Spinae * Lats * Traps * Rhomboids * Obliques * Abs/Core | * Pecs * Triceps * Biceps * Delts * Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_ * Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_ * Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

* Which major muscle groups are *stretching* in the pose?

|  |  |  |
| --- | --- | --- |
| * Calves * Quadriceps * Hamstrings * Hip flexors * Hip extensors * Hip adductors * Hip abductors | * Glutes * Erector Spinae * Lats * Traps * Rhomboids * Obliques * Abs/Core | * Pecs * Triceps * Biceps * Delts * Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_ * Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_ * Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**All Other Benefits:**

**Sequencing Exercise:**

Create a short sequence below of 6 poses that includes the pose from this posture worksheet. This pose may be a prep, peak, neutralizer, or counter pose. Explain your reasoning for choosing each pose.

Note: Intention is to simplify by keeping this sequence to 6 poses, but you may make your own chart with more poses if you feel restricted by only 6 poses.

* A *Prep Pose* is a simpler pose that strengthens and/or stretches the same muscles that need to be stretched/strengthened in the peak pose.
* A *Neutralizer* brings the spine into a neutral position to re-center. They may be placed anywhere in the sequence, especially between prep poses.
* A P*eak Pose* is the most challenging or more complex pose of the sequence.
* A *Counter Pose* relieves tension that may have built up during the peak pose. It often moves the spine or other bones in an opposing or different way than the peak pose.

|  |  |  |
| --- | --- | --- |
| **Name of Pose** | **Type of Pose** | **Reason chosen** (how does this pose prep for the peak, neutralize, act as a peak, or relieve tension as a counter?) |
| 1 | Prep |  |
| 2 | Prep |  |
| 3 | Prep |  |
| 4 | Peak |  |
| 5 | Neutralizer |  |
| 6 | Counter |  |