**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  |   |