

Posture Worksheet

Posture Name (Sanskrit):

Pronunciation:

Posture Name (English):

Alternate Posture Names:

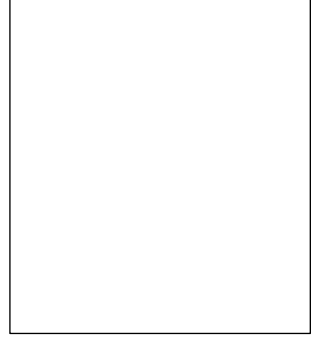
General Type of Posture:

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	Glutes	Pecs
Quadriceps	Erector Spinae	Triceps
Hamstrings	Lats	Biceps
Hip flexors	Traps	Delts
Hip extensors	Rhomboids	Other _____
Hip adductors	Obliques	Other _____
Hip abductors	Abs/Core	Other _____

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

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