

Pink Lotus Yoga Professional Yoga and Teacher Training Posture Clinic: Backbends and Twists

You will need *Key Muscles of Yoga*, asana sheets, yoga props illustration page, notebook/writing tool, your props

Work in pairs, taking turns as teacher/student. Take notes.

*Teacher: Select a posture. Get student into posture, hold for no more than five breaths, and call for posture release. May use body while cueing and while student is holding.

*Teacher/Student: Discuss what post-postural movement and counterpostures work well. Discuss what prop might benefit a student, and how.

*Student: Provide feedback on cueing. What worked well? Is there something else that would have helped?

Backbends

Standing

Cobra

Upward Facing Dog

Locust

Bow

Bridge

Upward Facing Bow (rising up)

Camel

Sphinx

Navasana (Amrit style)

Standing Bow

Twists

Seated (many variations: Hatha, Kundalini, Yin)

Chair Prayer

Lunge Prayer

Revolved Triangle

Revolved Standing Half Moon

Reclined Twists (many variations)