

Pink Lotus Yoga Professional Yoga and Teacher Training Posture Clinic: Balances and Inversions

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. May explore asanas using props.

*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?

Balances

One-Legged: Tree, Eagle, Warriors, Bird of Paradise, Half Moon, Revolved Half-Moon

Hands: Handstand, Crow and its Variations, Standing Splits

Arms: Headstand and asanas used as prep for Headstand

Others: Planks, Boats, Pendulum, Shoulderstand

Yours:

Inversions

Child

Down Dog

Forward Folds

Upward Facing Bow

Bridge

See above Balances that are also inversions

Yours: