

Pink Lotus Yoga Professional Yoga and Teacher Training
Posture Clinic: Front Foldings

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 ten seconds, 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?

Hatha:

Paschimottanasana

Balāsana

Upavistha Kōnasana

Uttanasana

Ardha Uttanasana

Prasarita Padottanasana

Urdhva Hanumanasana

Ardha Sarvangasana

Halāsana

Yin:

Butterfly

Caterpillar

Half-frog

Dragonfly

Half-butterfly

Square

Shoelace