

Pink Lotus Yoga Professional Yoga and Teacher Training
Posture Clinic: Seated and Props

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?

Seated Postures. Explore

Sukhasana

Siddhansana

Ardha Padmasana (if available)/Padmasana (if available)

Agnistambhasana

Dandasana

Krounchasana

Gomukhasana with strap

Virasana with block

Baddha Konasana with strap

Miscellaneous Postures with Props. Explore:

Balasana with block(s)

Matsyasana with folded blanket and/or block

Savasana with blanket for support other than for warmth

Ardha Chandrasana with blocks

Malasana with blanket

Bakasana with block(s)