

**MODULES 9 AND 10
HATHA AND VINYASA YOGA
POSTURE CLINIC AND YANGATOMY**

Posture Clinic

Standing Postures (based on Ashtanga Yoga)

Practiced as both 5-breath flows via Ashtanga DVD and as Hatha (longer-held) postures with prop options

Triangle

Reversed Triangle

Warrior Angle

Reversed Warrior Angle

Wide Legged Forward Bend (4)

Intense Side Stretch

Chair

Warrior I

Warrior II

-----other-----

Lunges

Standing Half Moon

Yangatomy

Muscles:

Learning to identify in illustrations, on live models, and in yoga postures.

Familiarize yourself with name(s) of muscles, their functions, their chakra illumination points, and with strengthening/awakening/contracting information when provided.

Muscles:

Piriformis: p. 91-92, p. 94-95

(Ilio)Psoas: p. 57-58, p. 62-63

Quadriceps: p. 96-100

Hamstrings: p. 103-105, p. 107-111

Abdominals: p. 118-119

Trapezius: p. 139-140, p. 143

Latissimus Dorsi p. 136-137, p. 138

Pectorals: p. 144-145, p. 148-149

Deltoids: p. 167-168, p. 172-173

Rotator Cuff: p. 174-77, p. 181-2

Biceps: p. 185-186, p. 188-9

Triceps: p. 190-191, p. 193-4

Biomechanics:

Knee: p. 101

Shoulder (including impingement): p. 183-184

Postures Meet Muscles:

Using The Key Muscles of Anatomy pages above, its Appendix of Asanas (p. 230-235), and your working knowledge of postures, name at least one posture for each of the following:

Stretches Triceps:

Contracts Triceps:

Stretches Biceps:

Contracts Biceps:

Stretches Trapezius:

Contracts Trapezius:

Stretches Latissimus Dorsi:

Contracts Latissimus Dorsi:

Stretches Psoas:

Contracts Psoas:

Stretches Abdominals:

Contracts Abdominals:

Stretches Deltoids:

Contracts Deltoids:

Stretches Piriformis:

Contracts Piriformis:

Stretches Hamstrings:

Contracts Hamstrings:

Stretches Quadriceps:

Contracts Quadriceps: