

Chapter's 1 & 2 "Yogabody"

Consider goals for our time together

Anatomy

Physiology

Kinesiology

Why learn this?

- William Broad

"What stops me?"

What does asana teach us about the body?

What shapes ALL movement?

- Why is this important?

What do bones tell us?

- "Wolf's Law

Science of Yoga

- Yoga Anatomy by Leslie Kaminoff

- Balance

Homeostasis

Prana & Apana

Sthira & Sukha

Tensegrity

Fascia

- How to maintain
- Relationship of muscles and tendons

Damaged fascia

Compensatory patterns

Proprioception

- How yoga can improve

Interoception

Movement

- What is the foundation?
- Where does it happen?

Anatomical planes

- Why critical to understand?

The law of muscles:

Sagittal plane

- Asana examples

Coronal plane

- Asana examples

Transverse plane

- Asana examples

Directional terms

- Anterior / posterior
- Superior / inferior
- Medial / lateral
- Proximal / distal
- Deep / superficial

Mobility in Yoga

- Who is drawn to yoga?
- Mobility vs. stability

Basic movements - Kinesiology

- Flexion / Extension
 - Examples in asana
- Hyperextension
 - Condition
 - Position
 - Examples in asana
- ABduction / ADduction
 - Examples in asana
- Rotation
 - Examples in asana

Learn to describe these actions in any asana.

- Why important?

Agonist

Antagonist

Stabilizers

Reciprocal Inhibition

Neutralizers

How do we use these in yoga?

Contractions

- Two reasons muscles contract

- Isometric “same length”

 - Use?

- Isotonic “same tone”

- Shortening (concentric)

 - Examples

- Lengthening (eccentric)

 - Examples

Uttanasana

- What muscle group takes you into the pose slowly?

 - What kind of contraction is this?

- What muscle group takes you back out of the pose?

 - What kind of contraction is this?

Ways to create movement -> "Motion is lotion"

- Nerves

 - Yoga Sutra 1.2 "Yogas citta vrtti nirodhah"

 - Yoga Sutra 2.46 "Sthira sukham asanam"

- Skeletal system

 - Functions of bones

 - What can you learn from looking at any bone?

- Muscular system

 - "A muscle can only act on a joint if it crosses that joint."

 - Joints

 - Why do muscles shake?

 - Find balance between bones and muscles

 - Anatomical limitations of structures - Paul Grilley

 - Compression

 - Tension

- Connective tissue (last component of movement)

 - Two proteins: Collagen and elastin

 - How do they differ?

Tendons

- What do they need to stay healthy?
- Provide an example

What is the benefit to holding stretches longer?

What makes connective tissue tight?

How do we change connective tissues?

Physiology of stretching (H. David Coulter)

- Muscles can grow in length
- Some connective tissues lengthen
- Nerves straighten through tissue, sensitive to stretch
- Ligaments and tendons not meant to lengthen

Tapas - Self discipline

- Yoga Sutra 2.1 "Tapas svadhyaya isvara pranidhana"
- Tapas point
- Yoga Sutra 1.12 "Abhyasa vairagyabhyam tannirodhah"

Injuries on the yoga mat

Scar tissue

Injuries of soft tissues

R.I.C.E. (Gabe Mirkin 1978)

M.E.A.T.

Melt the white fuzz (Gil Hedley) - My nerd crush ;)