Feet

“Weight on all four sides of the foot”

Where do we center our weight on the ground?

-Anatomically, why do we do this?

What is the position of *least stability* in the foot?

-What makes this position so unstable?

What is the function of arches in the feet?

-When they are collapsed, what joint is at most risk for injury?

-How can yoga teachers help to support healthy arches?

Knees

What position is the knee joint most stable?

-Why is this so?

What are some cues to consider regarding the knee joint for Warrior 2?

-What are we trying to protect?

- How can we modify this asana to make it less strong?

What is knee hyperextension?

-Why does it happen?

-Why do we care?

-What other major joints are at risk when we hyperextend the knees?

-Why does this happen?

-What can we do to minimize this occurrence?

What position is the knee in Triangle pose?

-How can we assist hypermobile students?

-”Microbend the knee”

Pelvis

Why is the pelvis so important for both movement and stability?

Landmarks of the pelvis (and hip):

-Iliac crest
-ASIS
-PSIS
-SI joint
-Greater trochanter
-Lesser trochanter
-Pubic bone
-Ischial tuberosities
-Coccyx

Name the two parts of the pelvis that (should) remain mobile throughout life

What is the sacrum?

-When is it most stable?

- Why is it more unstable in women?

-Discuss, anatomically, why this is so

Describe one way yoga teachers can help maintain the health of the SI joint in yoga

Hips

What is the hip joint and where are they located?

-Why is this placement important?

Anatomical landmarks of the hip joint

- -Proximal femur
  - -Neck
  - -Ball head
- -Distal femur
  - -Medial/Lateral condyles
- -Acetabulum

What is the labrum of the hip joint?

- -Why is it so important?

What is the strongest position for the hips?

- -What makes this position so stable?

- -How can yoga teachers use this concept to help minimize injury in asana?

What position in the hips allows for the most mobility?

- -Anatomically, why is this so?

How to these concepts apply to backbending?

- - What is the biomechanically best positioning for the hips in backbends?

- -What action/cue can teachers offer in backbends to best support this concept?

Is the pelvis constructed for twisting?

- -Describe the SI joint in a “squared pelvis” twist

- -Biomechanically, how can teachers help students twist guarding the SI joint?

- -Is injury of the SI joint certain if students don’t “mind the needs of the body?”

What is the best way to keep the hips healthy in asana?

- -Describe biomechanically why this is true

Muscles of the hip joint

Hip flexors

-What plane can we find these muscles?

-Why does it matter?

Iliopsoas
Tensor fascia latae
Rectus femoris

What asana STRETCH the hip flexors?

What asana STRENGTHEN the hip flexors?

What pattern will yoga teachers see in students with chronically tight hip flexors?

-How do we assist?

Quadriceps

What asana STRETCH the quads?

What asana STRENGTHEN the quads?

How is the rectus femoris both a hip flexor and a quadricep?

-Describe the biomechanics of strengthening/stretching two joint muscles

ADductors

What asana STRETCH the ADductors?

How can you tell if forward folds are restricted from tight hamstrings or ADductors?

What asana STRENGTHEN the ADductors?

Gluteals

Maximus
Medius, minimus

What asana STRETCH the medius and minimus? How about the maximus?

What asana STRENGTHEN the medius and minimus? How about the maximus?

Hamstrings

What asana STRENGTHEN the hamstrings?

What asana STRETCH the hamstrings?

- What is the safest way to stretch the hamstrings?

- Why is this way safer and what studetends would this be recommended for?

- Discuss modification for Paschimottasana

-Discuss modifications for Uttanasana

- Discuss modifications for AMS

When are the hips most likely to be injured in asana practice?

-What cues can we use to help students minimize the occurrence of that injury?

Spine

Why does the spine have curves?

Discuss the anatomical components of the vertebrae

What movement is expected in the cervical spine?

-What allows this range of motion?

What movement is expected in the thoracic spine?

-What are the limitations to range of motion in the thoracic spine?

-What is one of the great benefits to adding the thoracic spine to backbends?

-What action happens naturally in the thoracic spine with shoulder flexion?

-How is the thoracic spine related to shoulder mobility?

What movement is expected in the lumbar spine?

-How does twisting affect the lumbar region?

-Where should twists begin?

Shoulder

What is the shoulder girdle constructed for?

-Is the clavicle part of the shoulder?

How far should the hands be placed in AMS?

-Why is this important?

-How can teachers help students find that distance?

What types of injuries of the shoulder are most common in yoga students?

What is the relationship of the scapula and the shoulder?

Describe the six movements of the scapula

Serratus anterior
Trapezius
Rhomboids

Why is scapular stabilization so important in yoga asana?

Name the TWO CRITICAL actions of the shoulder that support natural movement

How can AMS look very different for tight shoulders vs. open shoulders?

-How can yoga teachers tell which is which?

Supported shoulders in Vinyasa

How should the thoracic spine and scapula look in plank?

Discuss how blocks can be used to teach proper alignment in Chaturanga

Is 90/90/90 the correct hand/elbow/shoulder positioning for Vinyasa Chaturanga?

What can the “strap hammock” teach us about scapula positioning in Chaturanga?

How should the humerus (upper arm bone) be positioned in Vinyasa Chaturanga?

-Why is “diving Chaturanga” potentially harmful?

How can blocks assist optimal positioning for UMS?

Describe the most stable way to transition from UMS to AMS