

Chapter's 9 & 10 "Yogabody"

Why do we practice yoga barefoot?

Bones of leg

- Femur
- Tibia
- Calcaneus

Tadasana on "four sides of foot"

- Is this anatomical reality?
- Discuss reasons:
- Describe position of most stability in foot
 - Where is foot LEAST stable?

Bones of the feet

- What do the shapes of the bones in the feet tell us?

What bones make up the ankle?

- What plane does the ankle primarily move in?
- Why is this so?

What is the function of the fibula?

Interosseous membrane of lower leg

Arches of the feet

- Function

Keystones of the feet

- Navicular
- Cuboid

What are some cues to awaken the arches of the feet?

- Why do we want this? Or do we???

Central pillar of stability in foot

Achilles tendon

- What does it tell us?

Movements of Foot/ankle

- Plantar Flexion
- Dorsiflexion
- Inversion
- Eversion

Malasana

- Anatomical restrictions and considerations

Muscles affecting the feet

- Extrinsic
- Intrinsic

Gastrocnemius

- Actions
- How to strengthen & open

Tibialis Anterior

- Actions
- How to strengthen & open

Fibularis Longus (Peroneus Longus)

- Actions
- How to strengthen & open

Anatomical stirrup

What muscular actions happen in standing balance asana?

Inversion & eversion of feet

- How does this impact the knee joints?

Knees

Bony landmarks of the knee

- Femoral condyles
 - Medial
 - Lateral
- Patella
 - Sesamoid bone

Three aspects to knee joint

- Lateral tibeofemoral joint
- Medial tibeofemoral joint
- Patelofemoral joint

- Fibula

Movements of the knee

- Flexion
- Rotation

Knee stability in yoga

- Stack -n- track

How can we modify Virabhadrasana 2 to make pose more accessible?

Connective tissues of the knees

- Bursa

- Ligaments

- MCL
- LCL
- ACL
- PCL

Knee hyperextension

- What causes this condition?

- Ways to prevent/minimize

- Meniscus
 - Medial
 - Lateral

Four poses to approach with CAUTION for knees:

Bhekasana

Padmasana

Virasana

Pasasana