

Chapter's 3, 4, 5 & 6 "Yogabody"

"Worship Normal Curves"

Describe shapes in the spine (p. 47)

- Why does the spine have curves? (p. 34 - 35)
 - Primary
 - Secondary

- How do the curves develop?
 - Which are more vulnerable?

 - Sympathetic nature of secondary curves

- How can this affect forward and backbending?

Bones of the spine

- Cervical
- Thoracic
- Lumbar
- Sacrum
- Coccyx

Vertebrae

- Function

- Spinal cord

- Variances

Ligaments

- ALL
- PLL
- Interspinous

Discs

- Functions
- How are they nourished?
 - Imbibition

Movement in the spine

- How do spinal curves affect breath?

Cervical spine

- Facet joints
- What movements are available in the cervical spine?
- Why is twisting a great action to neutralize forward and back bending?

“55 to stay alive”

- How much range of motion is available in the cervical spine for flexion?
- Brachial plexus
 - Nerves need oxygen
 - Describe how nerves get angry
 - What can be done?

Neck positioning concerns

Forward head posture

Salamba Sarvangasana

- Floor
- Chair

Atlas & Axis

Thoracic spine

Boney anatomy

- Facets
- Ribs
- Spinous processes (p. 67)
 - T1 - T4
 - T5 - T8
 - T9 - T12

“It’s not a backbend if the ribs don’t open”

- How do we find this?

Bhujangasana with thoracic

Relationship of thoracic spine and shoulder girdle

- Urdhva Dhanurasana
- Marichyasana C

Lumbar spine

Boney anatomy

- Transitional regions of the spine
- Processes
- Facet orientation

“Twists begin in the hips”

- Marichyasana C

“As one descends the skeleton, there is less mobility but more stability” (p. 65)

- Cervical
- Thoracic
- Lumbar

Muscles of the spine

Quadratus Lumborum

- Origin
- Insertion
- Bilateral contraction
- Unilateral contraction

Asana to stretch QL

Asana to strengthen QL

Multifidus

- Bilateral contraction
- Unilateral contraction

Erector Spinae

- Iliocostalis
- Longissimus
- Spinalis

Actions

Limitations of the spine

- Backbends
- Twists
- Forward folding

Healthy back choices

- Mermaid
- Rolling up one vertebrae and a time

Dysfunctions of the spine

- Scoliosis
- Sciatica
- Disc injuries
 - Bulging
 - Herniation