

Easton Yoga School 200hr Yoga Teacher Training

Asana Homework Outline with Example

Half Moon Pose / Ardha Chandrasana (Sanskrit name)

1. Give a brief instruction into the pose.

This is a balance pose where you will be on one foot and hand, with the other foot and hand extended.

From Warrior 2, grab your block with your right hand in the highest setting. Lean to the right side, lifting your left leg as you go, while keeping your left arm extended. Place the block on the floor. You will be balanced on your right foot and right hand.

There is an expectation to be completely straight, as if you were between two panes of glass. That is not necessary.

Reverse and repeat.

2. Give 5 points of information while using dual action.

- a. Identify the foundation.

The foundation is your standing leg and foot, and the hand and arm on the same side. The left thigh is internally rotated, and the standing, right leg is externally rotated.

The best alignment occurs when a block is used on the highest setting.

- b. Detail how to align the pelvis and lengthen the spine.

Pelvis is neutral, spine is straight but in a horizontal position.

- c. Detail alignment for shoulders, arms and neck.

The shoulders are open and externally rotated, which means that the arm pits are facing forward.

The arms are extended.

The neck is comfortably extended. The advanced variation has the neck turned so that the gaze is toward the extended hand.

- d. Organs of Perception.

This is a balance post. The foot and hand that are in contact with the floor will feel the weight of the body. The body and extended arm and leg will feel the balancing action.

e. Heart Language to inspire devotion to the pose.

Use this pose to lighten your spirit, as one side is released from the earth.

3. Benefits of the Pose.

Improves balance. Stretches and strengthens the feet, ankles, knees and thighs.
Opens the heart and lungs.

4. Risk factors of the pose.

Do not attempt this pose if you have a knee or neck injury, low blood pressure or a headache.

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Asana Homework Outline with Example

Pigeon Pose / Eka Pada Rajakapotasana (Sanskrit name)

1. Give a brief instruction into the pose.

2.

Pigeon is a sitting pose that stretches the inner thighs and opens the hips. Bend your left knee and place your left foot near your right groin. Extend your right leg straight back. Try to straighten the bent leg and square the hips to the front. Drape your arms to the floor, or in the advanced version, grab the foot in the back with the same arm and bring that foot to your head.

3. Give 5 points of information while using dual action.

a. Identify the foundation.

The foundation is your pelvic floor and legs.

b. Detail how to align the pelvis and lengthen the spine.

The pelvis is neutral, the spine straight.

c. Detail alignment for shoulders, arms and neck.

The shoulders are comfortably down, arms are extended out or reaching back for the foot, neck is comfortably extended and straight.

d. Organs of Perception.

This pose is felt in the hips and upper thighs. Many with tight hips find this a very challenging pose.

e. Heart Language to inspire devotion to the pose.

Relax into the discomfort, finding satisfaction in mind over matter.

4. Benefits of the Pose.

Opens the hip flexors, thighs, heart and shoulders. Stimulates digestive and reproductive systems. Alleviates menstrual and menopausal discomfort. Encourages healthy thyroid, parathyroid and adrenal function.

5. Risk factors of the pose.

Do not attempt this pose if you have a knee, hip, back or shoulder injury.

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Asana Homework Outline with Example

Bound Angle Pose / Baddha Konasana (Sanskrit name)

1. Give a brief instruction into the pose.

This is the wide legged sitting pose.

While sitting, bring you're the soles of your feet together, clasping them with your hands. Sit tall out of your pelvis with a straight spine, while you gaze straight ahead.

2. Give 5 points of information while using dual action.

- a. Identify the foundation.

The foundation is your sits bones. Legs are bent at the knee with the knees and hips at the same height.

- b. Detail how to align the pelvis and lengthen the spine.

The pelvis is neutral and the spine is straight. Both thighs are externally rotated.

- c. Detail alignment for shoulders, arms and neck.

Shoulders are comfortably down. The arms follow the hands which are clasping the feet. The neck is comfortably extended.

- d. Organs of Perception.

You will feel the effect of the straight spine, giving a feeling of very good posture.

- e. Heart Language to inspire devotion to the pose.

Sit cross legged, with the straight spine lifting you up. Smile, this is the posture your mom always wanted you to have!

3. Benefits of the Pose.

According to the Yoga Journal, Aug 2007 the following benefits occur:

- Stimulates abdominal organs, ovaries and prostate gland, bladder, and kidneys
- Stimulates the heart and improves general circulation
- Stretches the inner thighs, groins, and knees
- Helps relieve mild depression, anxiety, and fatigue
- Soothes menstrual discomfort and sciatica
- Helps relieve the symptoms of menopause
- Therapeutic for flat feet, high blood pressure, infertility, and asthma
- Consistent practice of this pose until late into pregnancy is said to help ease childbirth.
- Traditional texts say that Baddha Konasana destroys disease and gets rid of fatigue.

4. Risk factors of the pose.

With groin or knee injury: only perform this pose with blanket support under the outer thighs.

Works Cited

YJ Editors. (2007, Aug 28). *Yoga Journal: Seated Yoga Poses, Bound Angle Pose*. Retrieved from <http://www.yogajournal.com/poses/bound-angle-pose>

Kirk, Martin, Boon, Brooke and DiTuro, Daniel. (2006). *Hatha Yoga Illustrated*. Champaign, IL: Human Kinetics.