

Easton Yoga School 200hr Yoga Teacher Training

Asana Homework Outline with Example Cobra Pose / Bhujangasana (Sanskrit name)

1. Give a brief instruction into the pose.
Lie on your belly, place your hands near your rib cage. Exhale as you press down with your hands and lift your head, keeping your shoulder blades back, reaching up through the crown.
2. Give 5 points of information while using dual action.
 - a. Identify the foundation.
The front of the body is in contact with the floor.
 - b. Detail how to align the pelvis and lengthen the spine.
Lengthen the spine from the pelvis through to the crown.
 - c. Detail alignment for shoulders, arms and neck
Shoulders are down and back, arms press into the floor, neck is lengthened and is lifting the head through to the crown.
 - d. Organs of Perception.
The hands and body engage the floor. The spine stretches and reaches from the pelvis to the crown.
 - e. Heart Language to inspire devotion to the pose.
Use this pose to open your heart bringing forgiveness to yourself and others.
3. Benefits of the Pose.
Improves posture, stimulates circulation, opens the chest, shoulders and throat, lengthens the spine and increases spinal flexibility, strengthens the lower back and shoulders.
4. Risk factors of the pose.
Avoid during pregnancy, with high blood pressure and with severe spinal and neck injury.

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Asana Homework Outline with Example

Sphinx Pose / Salamba Bhujangasana (Sanskrit name)

1. Give a brief instruction into the pose.

Lay on your belly, feet pressed into the floor, arms bent, with the elbows under your shoulders, palms down.

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

a. Identify the foundation.

belly, feet, forearms and palms make contact with the floor.

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

Pelvis is neutral and the spine lengthens from its base through the crown.

c. Detail alignment for shoulders, arms and neck.

Neck is elongated, shoulders back, arms bent, supporting the shoulders.

d. Organs of Perception.

The hands and body engage the floor. The spine stretches and reaches from the pelvis to the crown.

e. Heart Language to inspire devotion to the pose.

Press up with your arms, lifting your torso to open your heart to all the good surrounding you.

3. Benefits of the Pose.

Lengthens the abdominal muscles, strengthens the spine, and firms the buttocks. It also stretches and opens the chest, lungs, and shoulders. It invigorates the body, soothes the nervous system, and is also therapeutic for fatigue

Risk factors of the pose.

With neck injury or pain students may need to practice Sphinx pose standing and pressing against a wall.