

# Easton Yoga School 200hr Yoga Teacher Training

## Asana Homework Outline with Example

### Downward Dog Pose / Adho Mukha Svanasana (Sanskrit name)

#### 1. Give a brief instruction into the pose.

From child's pose, turn your toes under and using your arms to anchor you, push your hips up. Raise your sit bones toward the ceiling as you press your chest forward in cat's pose. Bend your knees slightly. Breathe and hold for 30 seconds to 1 minute.

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

a. Identify the foundation.

Feet and hands are on the floor. Arms and legs extended.

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

The pelvis is neutral and the spine is straight.

c. Detail alignment for shoulders, arms and neck.

Shoulders are down, arms straight out, neck comfortably elongated.

d. Organs of Perception.

This pose changes your perception, as a restful inversion.

e. Heart Language to inspire devotion to the pose.

Let this pose become your resting pose to catch your breath and regenerate.

#### 3. Benefits of the Pose.

Stretches the entire back of the body, reverses the blood flow to the head, and relaxes the nervous system.

#### 4. Risk factors of the pose.

This pose may not be appropriate for those with Carpal tunnel problems with their wrists. Avoid with high blood pressure or headache.

Sources:

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