

Easton Yoga School 200hr Yoga Teacher Training

Asana Homework Outline with Example Forward Fold Pose / Uttanasana (Sanskrit name)

1. Give a brief instruction into the pose.

From Mountain Pose with feet parallel and hips distance apart, exhale as you lean forward, lengthening the torso as you draw the belly to the thighs. Let your head hang loosely. Lay your forearms along the sides of your lower legs. Bring your balance to the balls of your feet to ensure your leg muscles engage.

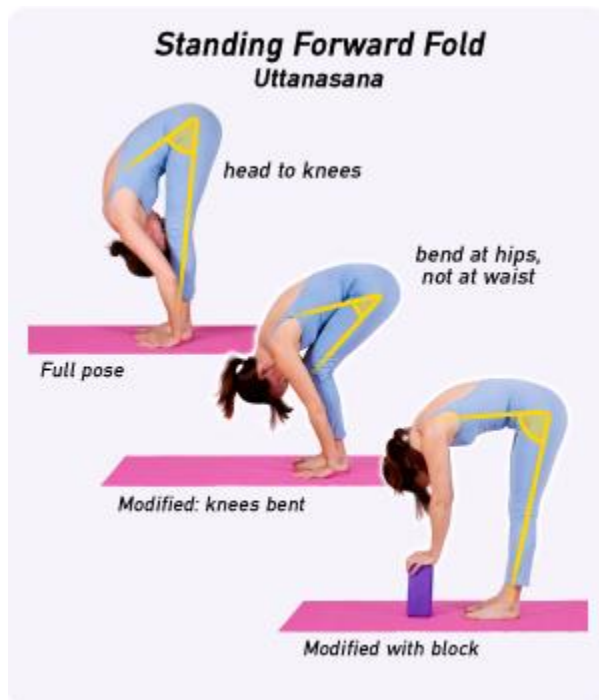
2. Give 5 points of information while using dual action.

- a. Identify the foundation.
The foundation is the feet.
- b. Detail how to align the pelvis and lengthen the spine.
- c. Detail alignment for shoulders, arms and neck.
Arms hang long with neck and shoulders relaxed.
- d. Organs of Perception.
- e. Heart Language to inspire devotion to the pose.

Enlightenment does not necessarily occur when the head reaches the legs, so there is no need to get it there soon, if ever.

3. Benefits of the Pose.

Uttanasana combines the benefits of forward folds and inversions. Dropping your head below your heart calms your brain. This helps to relieve stress, headaches, anxiety, fatigue, mild depression, and insomnia. Uttanasana also deeply stretches and lengthens your hamstrings and calves. It opens the hips and can relieve tension in the neck and shoulders.



4. Risk factors of the pose.

Those with back injuries should practice this pose with bent knees, or only perform Half Standing Forward Fold (Ardha Uttanasana).

Works Cited

Yoga Outlet Guides

<https://www.yogaoutlet.com/guides/how-to-do-standing-forward-fold-in-yoga/>