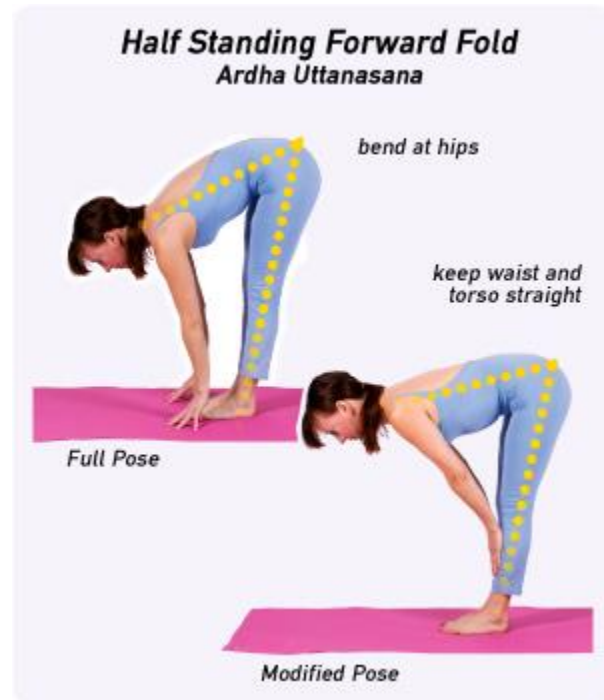


## Easton Yoga School 200hr Yoga Teacher Training

### Asana Homework Outline with Example Halfway Pose / Ardha Uttanasana (Sanskrit name)

1. Give a brief instruction into the pose.  
From forward fold, inhale as you lift and straighten your torso and move your hands to your legs. Your balance should be on the balls of your feet to engage your leg muscles. Extend the crown of your head forward as you reach your tailbone behind you. Don't lock your knees. Keep a microbend in the knees.



2. Give 5 points of information while using dual action.
  - a. Identify the foundation.  
The foundation is the balls of the feet.
  - 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.  
Shoulders are spread wide, arms and neck are straight.
  - d. Organs of Perception.
  - e. Heart Language to inspire devotion to the pose.  
Don't force this. Use this pose as a relaxing stretch.

3. Benefits of the Pose.

Half lift pose stretches and lengthens your hamstrings, calves, and front and back torso. It also strengthens the back and spine, improving posture.

4. Risk factors of the pose.

Those with back injuries should practice this pose with their hands resting on the back of a chair or against a wall. Keep the knees slightly bent. If you have a neck injury, keep your head down — do not lift it to gaze forward

Works Cited

Yoga Outlet Guides

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