

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.