

Easton Yoga School 200hr Yoga Teacher Training

Asana Homework Outline with Example Plank Pose / Kumbhakasana (Sanskrit name)

1. Give a brief instruction into the pose.

From Down Dog, inhale as you draw your torso and shoulders forward, so that the hands are directly beneath the shoulder sockets. This will make the body become one straight line. Balance on the balls of your feet, so that all your leg muscles are engaged. Work to broaden across the collar bones, opening the heart.



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

- a. Identify the foundation.

The foundation is the hands and 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 stretched wide with muscles engaged, arms are straight, the neck straight and relaxed.

- d. Organs of Perception.

Lungs and the mind. The lungs are expanding and contracting, the mind is focused on the pose.

- e. Heart Language to inspire devotion to the pose.

The abs, legs, arms and back are all being worked. There is no part of the body that is neglected by this pose!



3. Benefits of the Pose.

Plank Pose tones all of the core muscles, including the abdomen, chest, and low back. It strengthens the arms, wrists, and shoulders, and is often used to prepare the body for more challenging arm balances. Plank also strengthens the muscles surrounding the spine, which improves posture.

4. Risk factors of the pose.
 - a. Carpal tunnel syndrome
5. Modifications
 - a. Lower the knees to the floor with the thighs at a 45 degree angle to the floor.

Works Cited

Yoga Outlet Guides

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