

Easton Yoga School 200hr Yoga Teacher Training

Asana Homework Outline with Example

Side Angle Pose / Parsvakonasana (Sanskrit name)

1. Give a brief instruction into the pose.

This is the side angle, not the extended side angle pose.

From warrior II, place your front (right) fore arm on your right thigh. Press away from your thigh to create more space and elongate your neck. Extend your left arm up and over. Hold for five to ten breaths. Return to warrior 2 and repeat on your left side.

When bending to the right, the right leg is externally rotated and the left internally rotated

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

a. Identify the foundation.

Stand with your legs wide apart. Pivot the right foot in slightly and the left foot out sideways. Bend the left leg so that the thigh is parallel with the floor.

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

The pelvis is neutral, the spine long.

c. Detail alignment for shoulders, arms and neck.

Shoulders are down, one arm rests on the bended leg. The neck twists to allow the gaze to go toward the lifted arm.

d. Organs of Perception.

This pose challenges your balance as you are more or less bending directly sideways, which also challenges flexibility.

e. Heart Language to inspire devotion to the pose.

Use this pose to open your heart and lungs taking in all the breath, and therefore life that you can.

3. Benefits of the Pose.

Tones and strengthens your legs, stretches your hamstrings and groin.

4.Risk factors of the pose.

Use caution with this pose if you have knee injuries, low blood pressure or any heart issues.

If your knees are giving you a problem, do not bend them 90 degrees. Instead, straighten your front leg and shorten your stance to resemble triangle pose.