

Easton Yoga School 200hr Yoga Teacher Training

Asana Homework Outline with Example

Upward Dog Pose / Urdhva Mukha Svanasana (Sanskrit name)

1. Give a brief instruction into the pose.

Lay on your belly, feet pressed into the floor, arms bent, with the elbows under your shoulders, palms down. Press the arms to fully extend them while pressing up on the front side of the feet.

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

a. Identify the foundation.

Initially the contact to the floor is the body, palms and feet. After pressing up, the contact is only feet and palms.

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

Pelvis is neutral and the spine lengthens from its base through the crown.

c. Detail alignment for shoulders, arms and neck.

Neck is elongated, shoulders back, arms bent, supporting the shoulders.

d. Organs of Perception.

The hands and body engage the floor. The spine stretches and reaches from the pelvis to the crown.

a. Heart Language to inspire devotion to the pose.

Press up into up dog vigorously just as the sun rises to spread sunshine!

3. Benefits of the Pose.

4. Risk factors of the pose.

Back or neck injury may require modifications. With Carpal tunnel syndrome, this pose should be avoided.