Yoga

Portland Community College
PE 182 K - Yoga I and PE182 L - Yoga II

Terminology

Anatomy

Bones/Landmarks
Pelvis: Sacrum
Coccyx, tailbone
Ischial Tuberosity, sitzbone
Pubic bone
ASIS (anterior superior iliac spine\(^1\)), hipbone
Iliac Crest

Chest: Scapula, shoulder blade, “wings”
Clavicle, collarbone
Sternum, breastbone

Vertebral Column, Spine:
Cervical (7 – concave “lordosis”), C1 (atlas), C2 (axis) modified to connect head to thorax
Thoracic (12 – convex, “kyphosis”), T1-T7, with ribs attached to sternum
T8, 9, 10 with “false” ribs attached to cartilage of T7
T11, 12 with “floating” ribs

Lumbar (5 - concave, “lordosis”)
Sacrum (5 fused – convex)
Coccyx (3-4 fused)

Skeletal Muscles
Abdominals*:
Pelvic Floor Muscles (to “lift”), Kegels
Transversus abdominis, “girdle”, “corset” (runs laterally from pubic bone to sternum, to pull belly in, “zip up ribs”)
Internal obliques, “back pocket” (side bending/rotation, also flexion and extension)
External obliques, “front pocket” (ditto)
Rectus abdominis, “six pack” (runs vertically from pubic bone to sternum, flexion, assists compression)
(Diaphragm, “domed roof” for respiration)

Spine movers:
Quadratus lumborum (from posterior iliac crest to rib 12 and lumbar vertebrae, side bending)
Multifidus (several layers of very deep, short back muscles, several “directions” all functions)
Erector spinae group (superior to deep back muscles) main action is extension

Muscles of the (upper) back:
Serratus anterior (“sandwich muscle”, broad, thin muscle covering lateral ribcage, stabilizes scapula tight against ribcage)
Trapezius, (large, diamond-shaped, scapula mobilization)
Latissimus Dorsi, (“armpit muscle”, large muscle attaching humerus to lower 6 thoracic, lumbar, sacral vertebrae, and posterior iliac crest)

Muscles of the pelvis:
Iliopsoas: Psoas major (from lumbar vertebrae through pelvis to femur, hip flexion)
Iliacus (from anterior iliac crest to femur, hip flexion)
Gluteus maximus, buttock (hip extension)

Muscles of the leg:
Hamstring group (3 muscles - knee flexion, thigh extension, might restrict ROM of hip flexion and pull pelvis into “tuck”)
Quadriceps femoris group (4 muscles – knee extension)

Questions? Please feel free to ask!

Process over Product
Patience and Perseverance
Through Movement We Find Health
Enhance the Quality of Your Life Through Exercise
Go With the Flow
Breathe, Enlighten and Enjoy!

* The stomach is an organ of the alimentary canal, a muscular tube that forms part of the digestive system. We have no control over the smooth muscle tissue of the stomach, we cannot consciously contract it, or “exercise” it. The term “stomach” therefore does not belong into Pilates class.
### Movements

<table>
<thead>
<tr>
<th>Spine: movement</th>
<th>flexion (forward fold, curl)</th>
<th>extension (“backbend”, arch)</th>
<th>lateral flexion (left &amp; right)</th>
<th>rotation (twist)</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Spine flexion" /></td>
<td><img src="image2" alt="Spine extension" /></td>
<td><img src="image3" alt="Spine lateral flexion" /></td>
<td><img src="image4" alt="Spine rotation" /></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Pelvis:</th>
<th>neutral</th>
<th>tilt (anterior tilt)</th>
<th>tuck (posterior tilt)</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image5" alt="Pelvis neutral" /></td>
<td><img src="image6" alt="Pelvis tilt" /></td>
<td><img src="image7" alt="Pelvis tuck" /></td>
<td></td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Hip Joint</th>
<th>flexion (forward)</th>
<th>extension (backward)</th>
<th>abduction (away)</th>
<th>adduction (together)</th>
<th>internal rotation (knees in)</th>
<th>external rotation (knees out)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Movement of Thigh in Hip Socket:</td>
<td><img src="image8" alt="Hip flexion" /></td>
<td><img src="image9" alt="Hip extension" /></td>
<td><img src="image10" alt="Hip abduction" /></td>
<td><img src="image11" alt="Hip adduction" /></td>
<td><img src="image12" alt="Hip internal rotation" /></td>
<td><img src="image13" alt="Hip external rotation" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Shoulder Joint:</th>
<th>flexion</th>
<th>extension</th>
<th>abduction, adduction</th>
<th>rotation of humerus</th>
</tr>
</thead>
<tbody>
<tr>
<td>movement of arm with stabilization of shoulder blades</td>
<td><img src="image14" alt="Shoulder flexion" /></td>
<td><img src="image15" alt="Shoulder extension" /></td>
<td><img src="image16" alt="Shoulder abduction/adduction" /></td>
<td><img src="image17" alt="Shoulder rotation" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Shoulder Girdle:</th>
<th>elevation</th>
<th>depression</th>
<th>protraction (abduction)</th>
<th>retraction (adduction)</th>
<th>rotation of scapula</th>
</tr>
</thead>
<tbody>
<tr>
<td>mobilization of shoulder blades (no movement of the arm)</td>
<td><img src="image18" alt="Shoulder elevation" /></td>
<td><img src="image19" alt="Shoulder depression" /></td>
<td><img src="image20" alt="Shoulder protraction" /></td>
<td><img src="image21" alt="Shoulder retraction" /></td>
<td><img src="image22" alt="Shoulder rotation" /></td>
</tr>
</tbody>
</table>

Questions? Please feel free to ask!
Yoga Traditions:
Classical Hatha
Anusara
Ashtanga
Bikram
Iyengar
Kundalini
Sivananda
Viniyoga
Vinyasa
Power Yoga
Yin

The Anusara Posture Loops
used as universal principles of alignment

Skull loop
Shoulder loop
Kidney loop
Pelvic loop
Thigh loop
Shin loop
Ankle loop

Mudras (Hand Positions):
Anjali mudra (Salutation)
Viparita Namasté (Reversed Salutation)
Dhyana mudra (Palm up in Palm up)
Jnana mudra (thumb & index touch)
Uttarabodhi (interlaced, point index)
Padma mudra (Blossoming Lotus)

Patanjali’s Sutras
1.1. atha yoganusasanam
   (now, in this auspicious moment, the sacred art of teaching Yoga begins)
1.2. yogas citta vrtti nirodhah
   (yoga is the restraint of the modifications of the mindstuff)

Practice
Classical Ashtanga - (Patanjali’s 8 limbs of Yoga):

- Yama
  (The five abstentions - universal ethical principles: “Do not”)
- Niyama
  (The five observances - rules of personal conduct: “Do”)
- Asana
  (practice of postures)
- Pranayama
  (practice of breath control)
- Pratyahara
  (control of the senses - minimizing sensory input)
- Dharana
  (concentration - focusing on a single object)
- Dhyana
  (meditation - silent, or with mantra / chanting)
- Samadhi
  (contemplation - absorption into the infinite, into bliss)

Concepts
Breathing Pranayama, Ujjayi, Nadi Shodhana
Bandhas Mula Bandha, Uddhiyana Bandha
The powerhouse “core” muscles
Control Enter - Hold - Exit the Asana
Precision Alignment in Asana - Anusara Posture Loops
Drishti Direction of Gaze
Vinyasa Flow/Fluidity of Movement, Transitions

Body Positions:
Standing (also: “upside down”)
Seated (also: balanced on sitbones)
Kneeling (on all fours), or Kneeling Upright
Prone (also: front support, elbow support)
Supine (also: back support, elbow support)
Side-lying (also: side support, elbow support)
Balances (on single leg, arm balances)
Inversion (legs above heart)

Movements
Spine: flexion (“forward bend”), extension (“backbend”), rotation (“twist”), lateral flexion (“side bend”)
Pelvis: neutral, tuck, tilt
Hip: (thigh bone in socket) - flexion, extension, abduction, adduction, inward and outward rotation
Shoulder:
   (stabilization of shoulder blades with movement of arm): extension, flexion, abduction, adduction, rotation of humerus
   (mobilization of shoulder blades with or without movement of the arm): elevation, depression, protraction (abduction), retraction (adduction), rotation of scapula
<table>
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<tr>
<th>“Quiet” time to settle</th>
<th>Virasana, Dhyana Mudra</th>
<th>Hero’s Pose, hand in palm</th>
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<tr>
<td>Pratyahara, Dharana, Pranayama, (Ujayyi), Dhyana, <em>Samadhi</em></td>
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<table>
<thead>
<tr>
<th>warm-up</th>
<th>Stabilize spine</th>
<th>Activate bhandas</th>
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<tr>
<td>seated</td>
<td>Plank, Dolphin Plank</td>
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<tr>
<td>seated hands and knees</td>
<td>Mobilize spine</td>
<td>Flexion, Extension, Lateral Flexion, Rotation</td>
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<td></td>
<td>Bitilasana/Marjaryasana</td>
<td>Seated Arch and Curl, Cow/Cat</td>
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<td>Seated Side Bend, Tripod Kneeling Side Bend, Seated Twist, Thread the Needle</td>
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<td></td>
<td>Adho Mukha Svanasana</td>
<td>Downward Facing Dog</td>
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<td></td>
<td>Uttanasana</td>
<td>Forward Fold (w/ Shoulder Release)</td>
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<td></td>
<td>Samasthiti (Anjali Mudra)</td>
<td>Pose of Equal Standing (Hands in Salute)</td>
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<td>Aum</td>
<td>Set Intent</td>
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<tr>
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<th>Chair Pose w/ Twist</th>
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<td>Parvritta Anjaneyasana</td>
<td>Low Lunge w/ Twist</td>
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<td>Ardha Virabhadrasana A</td>
<td>Humble Warrior</td>
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<td></td>
<td>Virabhadrasana B</td>
<td>Warrior 2</td>
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<tr>
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<td>Parvritta Virabhadrasana B</td>
<td>Revolved Warrior 2</td>
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<td>Uttthita Parsvakonasana</td>
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<td>Uttthita Trikonasana</td>
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<td>Padangusthasana</td>
<td>Hands to Feet, “Big Toe” Pose</td>
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<td></td>
<td>Pada Hastasana</td>
<td>Hands to Feet, standing on palms</td>
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<tr>
<td></td>
<td>Prasarita Padottonasana</td>
<td>Straddle Forward Bend</td>
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<td>Balances</td>
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<td>Vrksasana</td>
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<td>Garudasana</td>
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<td>Virabhadrasana C</td>
<td>Warrior 3</td>
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<td>Eka Pada Galavasana</td>
<td>Crouching Pigeon</td>
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<td>Utthita Hasta Padangusthasana</td>
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<td>Bakasana</td>
<td>“Crow”</td>
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<td>Seated Poses</td>
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<td>Paschimottonasana</td>
<td>Back Extension (Seated Forward Fold)</td>
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<td>Marichyasana</td>
<td>Seated Spine Twist</td>
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<td>Janu Sirsasana</td>
<td>Head to Knee Pose</td>
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<td>Backbends</td>
<td>Salabhasana</td>
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<td>Urdvha Dhanurasana</td>
<td>Bow/Wheel Pose</td>
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<td>Setu Bandha Sarvangasana</td>
<td>Bridge</td>
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<td>Matsyasana</td>
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<td>Inversion</td>
<td>Viparita Karani</td>
<td>Legs up the Wall</td>
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<td>Salamba Sirsasana</td>
<td>Headstand</td>
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<td>Restorative</td>
<td>Balasana (counterpose)</td>
<td>Childpose</td>
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<td>Supta Baddha Konasana</td>
<td>Reclining Bound Angle</td>
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<td>Supta Matsyendrasana</td>
<td>Supine Spinal Twist</td>
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<td>Savasana</td>
<td>Corpse Pose</td>
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<td>Dhyana (Closing)</td>
<td>Sidhasana</td>
<td>Heel-Heel-Groin (Perfect Pose)</td>
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<td>Sukhasana</td>
<td>Easy Pose</td>
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<tr>
<td></td>
<td>Mantra / Pratyahara, Dharana, Pranayama, (Easy Breath), Dhyana, <em>Samadhi</em></td>
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</tbody>
</table>
Surya Namaskara A

Samasthithi (Anjali Mudra) Pose of Equal Standing (Hands in Salute)
Urdhva Hastasana Upward Salute
Uttanasana Forward Fold
Ardha Uttanasana ½ way Lift
Ashtanga Pranam (1) Knees-Chest-Chin Modification (1)
Bhujangasana (1) Cobra (1)
Chaturanga Dandasana (2) ½ way Push-Down
Urdhva Mukha Svanasana (2) Upward Facing Dog (2)
Adho Mukha Svanasana Downward Facing Dog
Uttanasana Forward Fold
Ardha Uttanasana ½ way Lift
Uttanasana Forward Fold
Urdhva Hastasana Upward Salute
Samasthithi (Anjali Mudra) Pose of Equal Standing (Hands In Salute)

Surya Namaskara B

Samasthithi (Anjali Mudra) Pose of Equal Standing Chair Pose
Utkatasana Forward Fold
Uttanasana ½ way Lift
Ardha Uttanasana Plank to ½ Push Down
Chaturanga Dandasana Upward Facing Dog
Urdhva Mukha Svanasana Downward Facing Dog
Adho Mukha Svanasana Kneeling Lunge (1)
Arđha Anjaneyasana (1) Crescent Lunge (2)
Virabhadrasana A (3) Warrior I (3)
Chaturanga Dandasana Plank To ½ Push Down
Urdhva Mukha Svanasana Upward Facing Dog
Adho Mukha Svanasana Downward Facing Dog
Virabhadrasana A (3) Warrior I (3)
Chaturanga Dandasana Plank To ½ Push Down
Urdhva Mukha Svanasana Upward Facing Dog
Adho Mukha Svanasana Downward Facing Dog
Uttanasana Forward Fold
Ardha Uttanasana ½ Way Lift
Utkatasana Chair Pose
Urdhva Hastasana Upward Salute
Samasthithi (Anjali Mudra) Pose of Equal Standing

Acknowledge the gift of energy and time you have devoted to your practice today.
Seal this part of your practice, and take your intent into the rest of your day.
Once more turn the breath into sound: Aum शान्ति Shanti शान्ति Shanti शान्ति Shanti.
The Devine in Me honours the Devine in You and through this we are One.
May all living beings everywhere find peace and happiness. नमस्ते Namasté