Yoga Traditions:
Classical Hatha
Anusara
Ashtanga
Bikram
Iyengar
Kundalini
Sivananda
Viniyoga
Vinyasa
Power Yoga
Yin

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)

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 vrতti nirodah
(yoga is the restraint of the modifications of the mindstuff)
Bones/Landmarks

Pelvis: Sacrum
  Coccyx, tailbone
  Ischial Tuberosity, sitzbone
  Pubic bone
  ASIS (anterior superior iliac spine), 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)

* 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>
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<thead>
<tr>
<th>Pelvis:</th>
<th>neutral</th>
<th>tilt (anterior tilt)</th>
<th>tuck (posterior tilt)</th>
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<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>
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| Movement of Thigh in Hip Socket: |

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<thead>
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<th>Shoulder Joint:</th>
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<tbody>
<tr>
<td>flexion</td>
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<table>
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<tr>
<th>Shoulder Girdle:</th>
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<tr>
<td>elevation</td>
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<th>mobilization of shoulder blades (no movement of the arm)</th>
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“Quiet” time to settle
Virasana, Dhyana Mudra  Hero’s Pose, hand in palm
Pratyahara, Dharana, Pranayama, (Ujayyi), Dhyana, Samadhi

Warm-up
Stabilize spine  Activate bhandas
Plank, Dolphin Plank

Seated
Mobilize spine  Flexion, Extension, Lateral Flexion, Rotation
Bitilasana/Marjaryasana  Seated Arch and Curl, Cow/Cat
Seated Side Bend, Tripod Kneeling Side Bend,
Seated Twist, Thread the Needle

Adho Mukha Svanasana  Downward Facing Dog
Uttanasana  Forward Fold (w/ Shoulder Release)
Samasthithi (Anjali Mudra)  Pose of Equal Standing (Hands in Salute)
Aum  Set Intent

Surya Namaskaras A, B
Parvritta Utkatatasana  Sun Salutations A, B
Ardha Utkatasana  Chair Pose w/ Twist
Parvritta Anjaneyasana  Drinking Bird
Ardha Virabhadrasana A  Low Lunge w/ Twist
Virabhadrasana B  Humble Warrior
Parvritta Virabhadrasana B  Warrior 2
Uttihita Parsvakonasana  Revolved Warrior 2
Uttihita Trikonasana  Extended Side Angle Pose
Padangusthasana  Triangle
Hands to Feet, “Big Toe” Pose
Prasarita Padottonasana  Hands to Feet, standing on palms
Straddle Forward Bend

Balances
Vrksasana  Tree
Garudasana  Eagle
Virabhadrasana C  Warrior 3
Eka Pada Galavasana  Crouching Pigeon
Utthita Hasta Padangusthasana  Standing Toe Hold Balance
Bakasana  “Crow”

Seated Poses
Dandasana  Staff pose
Paschimottonasana  Back Extension (Seated Forward Fold)
Marichyasana  Seated Spine Twist
Janu Sirsasana  Head to Knee Pose

Backbends
Salabhasana  Locust
Urdvha Dhanurasana  Bow/Wheel Pose
Setu Bandha Sarvangasana  Bridge
Matsyasana  Fish

Inversion
Viparita Karani  Legs up the Wall
Salamba Sirsasana  Headstand

Restorative
Balasana (counterpose)  Childpose
Supta Baddha Konasana  Reclining Bound Angle
Supta Matsyendrasana  Supine Spinal Twist
Savasana  Corpse Pose

Dhyana (Closing)
Sidhasana  Heel-Heel-Groin (Perfect Pose)
Sukhasana  Easy Pose
Mantra / Pratyahara, Dharana, Pranayama, (Easy Breath), Dhyana, Samadhi
**Surya Namaskara A**

- **Samasthithi** (Anjali Mudra)
- **Urdhva Hastasana**
- **Uttanasana**
- **Ardha Uttanasana**
- **Ashtanga Pranam** (1)
- **Bhujangasana** (1)  
  *Chaturanga Dandasana* (2)  
  *Urdhva Mukha Svanasana* (2)
- **Adho Mukha Svanasana**
- **Uttanasana**
- **Ardha Uttanasana**
- **Uttanasana**
- **Urdhva Hastasana**

- **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)

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**Surya Namaskara B**

- **Samasthithi** (Anjali Mudra)
- **Utkatasana**
- **Uttanasana**
- **Ardha Uttanasana**
- **Chaturanga Dandasana**
- **Urdhva Mukha Svanasana**
- **Adho Mukha Svanasana**
- **Adho Anjaneyasana** (1)
- **Anjaneyasana** (2)
- **Virabhadr asana A (3)**
- **Chaturanga Dandasana**
- **Urdhva Mukha Svanasana**
- **Adho Mukha Svanasana**

- **Virabhadr asana A (3)**

- **Chaturanga Dandasana**
- **Urdhva Mukha Svanasana**
- **Adho Mukha Svanasana**

- **Uttanasana**
  Forward Fold

- **Ardha Uttanasana**
  ½ Way Lift

- **Urdhva Hastasana**
  Upward Salute

- **Samasthithi** (Anjali Mudra)
  Pose of Equal Standing

- **Utkatasana**
  Chair Pose

- **Uttanasana**
  Forward Fold

- **Chaturanga Dandasana**
  ½ way Lift

- **Urdhva Mukha Svanasana**
  Upward Facing Dog

- **Adho Mukha Svanasana**

- **Adho Anjaneyasana** (2)
  *Kneeling Lunge* (1)

- **Anjaneyasana** (2)
  *Crescent Lunge* (2)

- **Virabhadr asana A (3)**
  Warrior I (3)

- **Chaturanga Dandasana**
  Plank To ½ Push Down

- **Urdhva Mukha Svanasana**
  Upward Facing Dog

- **Adho Mukha Svanasana**

- **Ardha Uttanasana**
  Plank To ½ Push Down

- **Urdhva Hastasana**
  Downward Facing Dog

- **Samasthithi** (Anjali Mudra)
  Pose of Equal Standing

- **Utkatasana**
  Chair Pose

- **Uttanasana**
  Forward Fold

- **Chaturanga Dandasana**
  ½ way Push Down

- **Urdhva Mukha Svanasana**
  Upward Facing Dog

- **Adho Mukha Svanasana**

- **Uttanasana**
  Forward Fold

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  ½ way Lift

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- **Urdhva Hastasana**
  Upward Salute

- **Samasthithi** (Anjali Mudra)
  Pose of Equal Standing

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Lia Kidoguchi