



Language for precision in

Asana Instruction

Standing Asana

Stand with your feet hip-width apart / parallel to the short/long edge of the mat

Tuck the tailbone under

Press the heel / the outer edge of the foot into the mat

Extend the spine upwards

Distribute the weight equally

Engage the ... muscles

Internally/externally rotate the thighs

Keep the shoulders away from the ears

Keep the lowers ribs in

Send the navel towards the spine

Micro-bend the knee / the elbow

Bring your feet together

Bring your arms above your head / to shoulder level

Keep your palms parallel

Send the shoulder blades down your back





Seated Asana

Sit with your legs extended

Press the legs into the ground

Extend through the torso

Place the palms on ...

Flex the feet

Create space between the shoulders and the ears

Extend the arm behind you

Square the torso to the front

Open the chest

Raise your arms

Bring the forehead to the knee

Sit firmly on the sit bones

Grasp the inside/outside of the foot

Rotate the torso towards the ceiling



Backbends

Lie on your stomach

Align your hips over the knees

Align the shoulders over the wrists

Create an arch in your lower back

Lift and expand through your chest

Hug the elbows close to the body

Lift the head and look up

Lower the torso to the floor

Press the torso up

Rest the chin on the mat

Elongate the spine

Straighten the arms

Draw the shoulders back

Create a deeper opening in the chest

Lift the hips

Point the toes

Don't collapse in the hips

Release the pose lowering the torso vertebrae by vertebrae

Arch the back

Tilt the head back

Bring the crown of the head in contact with the mat

Roll the shoulders under

What you can do with...

your arms and hands

Place shoulder-width distance/shoulder level

Plant

Make parallel

Put in line with the ears

Press the knuckles down into the mat

Raise

Send above the head/front/back

Separate your fingers

Reach up with your fingertips

Rotate internally/externally

Move your right/left arm to the right/left

Reach both arms out straight in front of you at shoulder height

Turn the palms up

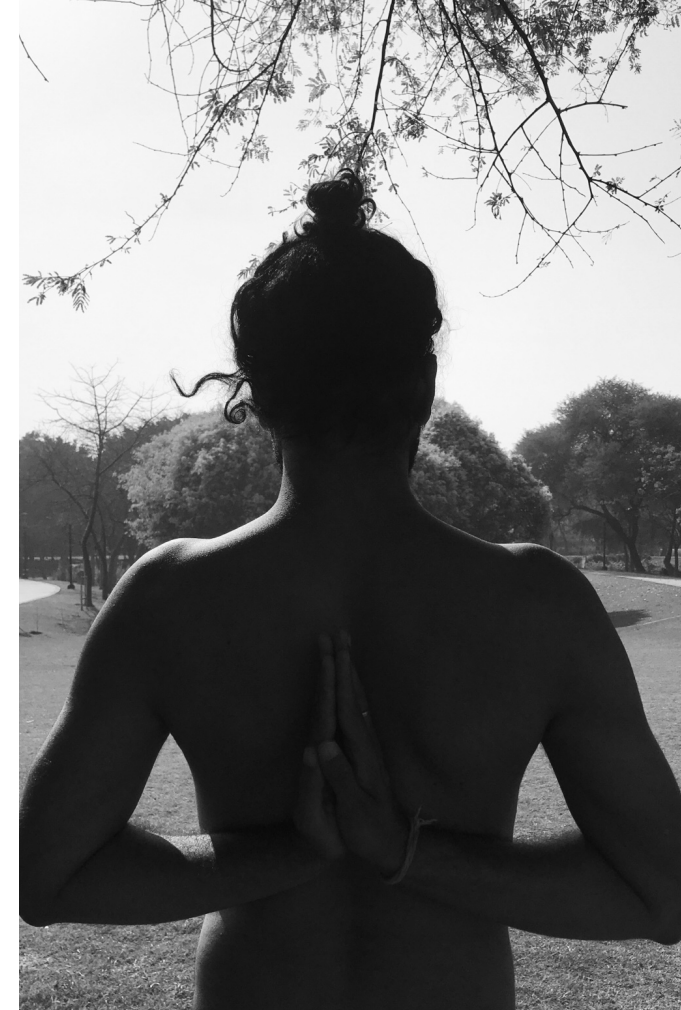
Supinate/pronate the forearms

Stretch your arms straight out

Bend your elbows to 90 degree angle

Root through your hands

Bring your hands together and interlace your fingers behind your back





What you can do with...

your legs and feet

Place hip-width distance

Plant

Make parallel

Lift the arch of the feet

Press the toes into the mat

Send back/front

Rotate the thigh internally/externally

Move your right/left leg to the right/left

Reach both arms out straight in front of you at shoulder height

Turn the heel 45 degrees in, toes 45 degrees out

Keep the knees hip-width distance apart

Lift the leg until it is parallel to the mat

Keep the outer edge of the foot parallel to the shorter edge of the mat

Place the top of the foot on the mat

Engage

Tuck the toes under

Untuck the toes

Extend

Bring the right hip forward, the left hip back

What you can do with...

your spine

Round your spine toward the ceiling

Release your head toward the floor

Lift through the top of the sternum to lengthen the front torso

Twist your torso to the right/left

Lengthen your tailbone toward the floor

Keep the lower back long

With every inhalation lift a little more through the sternum

With every exhalation twist a little more

Lean back

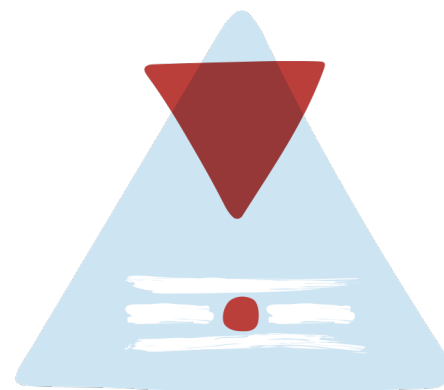
Keep your neck in a relatively neutral position, neither flexed nor extended

Look over the right/left shoulder

Distribute the twist evenly throughout the entire length of the spine

Lift up through your spine





D E V V R A T Y O G A
S A N G H A

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