

Shanti Yoga Teacher Training
Asana Fundamental Worksheet

Asana Name in Sanskrit & phonetics_____

Located on page: (Stephens, Shiffmann, or Kaminoff) _____

English Translation: _____

Mythological origin (if applicable): _____

Category:_____

Function/Benefits:

Why do we do this asana? What gifts does this asana provide us?

Position:

What's the basic shape and alignment? The pelvic tilt? Is it Open/Closed Hip?

Key (Impressionable) Actions:

What are Key Muscular/skeletal Actions? What are the Lines of energy?

Release Valves:

Where does energy leak out? Where are we likely to get hurt? Where do we lose support? Where should can Bandhas be applied to help?

Contraindications and Modifications:

How can you create more ease? How can you create more challenge? Who might need a different pose to achieve the same benefit and what pose would you offer?

Kramas:

What parts of the body need to be prepared for this posture? What are good preparatory postures? What are good postures to follow it? What parts of the body need pratikryasana after the asana?

Other considerations:

Related Asanas:

Skills I need to practice for this asana: