

Shanti Yoga Teacher Training

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

English Translation: _____

Breakdown of Sanskrit: _____

Mythological origin: _____

Metaphors used with this pose:

Benefits:

Contraindications:

Category:

Position (Form, Alignment, Shape):

Key (Impressionable) Actions:

Function (What does this asana offer?):

Key Muscular/skeletal Actions:

What are the kramas to get into this asana?



Draw the lines of energy on the picture.

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Related Asanas:

Could you do this posture in a different position to achieve the same function?

What are good preparatory postures?

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What parts of the body need to be prepared for this posture?

What parts of the body need pratikryasana after the asana?

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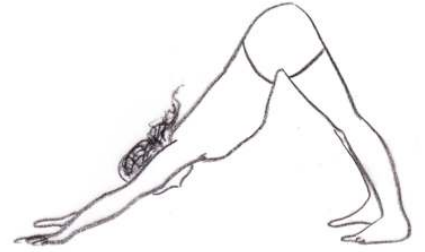
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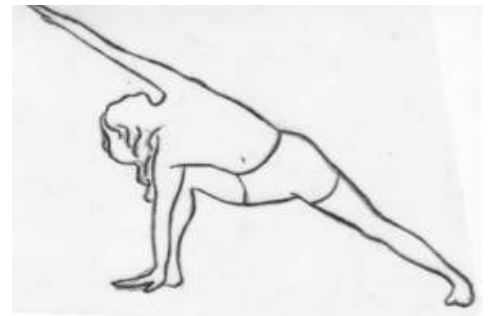
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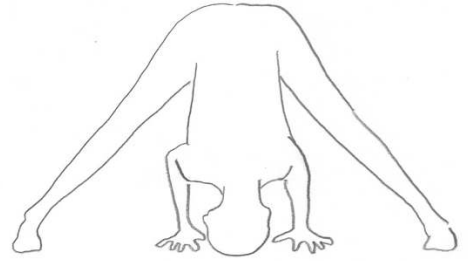
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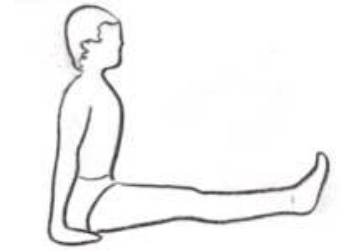
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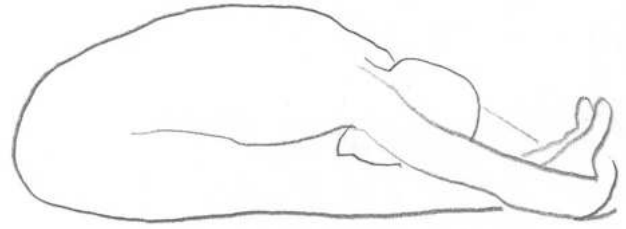
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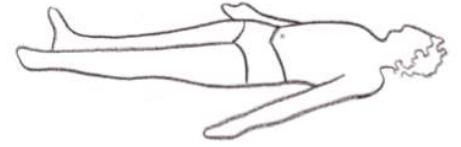
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