Module 1 Part 2

Virtual TT

worksheet

# Review

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| Course criteria and papers.  How many observations are there? |  |
| What is key to doing the observations? |  |
| Sections of the Louise Hay paper are? |  |
| Meaning of the word ‘yoga’ |  |
| What does the meaning of ‘yoga’ have to do with NOT using the word ‘you’ when instructing? |  |
| What queries or questions do you have? | Post on the Private Facebook Group a little introduction of yourself! |
| Anything that isn’t clear? | I’m asking questions, questions is a teaching tip explain why it is a teaching tip! |

# Bones, Joints & Muscles

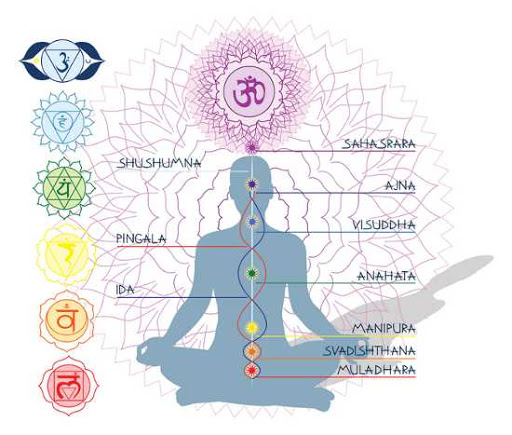
|  |  |
| --- | --- |
| Write the primary functions of bones |  |
| How does yoga help our bones? |  |
| What is WIIFM? |  |
| Where is cartilage located in the body? |  |
| What is cartilage’s function? |  |
| Joints have a fluid to facilitate smooth movement what is this fluid called? |  |
| What is the main function of the hip socket? The shoulder socket? |  |
| In between the vertebrae are little, things that look like little jelly donuts what are they called? When we are consistently misaligned over time what can happen to them? |  |
| Ligaments attach bone to bone are they more or less elastic than tendons? |  |
| Tendons attach muscle to? |  |
| Ray Long Volume 2 page 18  Gogli Tendon Organ |  |
| Muscle spindle, reflex arc is it a muscle?? |  |
| If a student has pain near a joint what MUST you instruct them to do????  WHY?? |  |
| What is the relationship between Stretching and endorphins?  See Page 11 Volume 2 |  |
| Antagonistic vs. Synergistic muscles how do they work together  in the legs in uttanasana,  in the arms in warrior 2,  in the upper body in cobra? |  |

# IDA, Pingala & other fun stuff

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| --- | --- |
| Open up the document on the facebook page with the handwritten diagrams, | You can also print it up and look at it at the same time as the video. |
| What is the main nadi that goes up and down the center of the body? Hint: Wendy calls it the I95 |  |
| What are the names of the 2 winding nadis that intertwine up and down the chakras? |  |
| Ida, Pingala, Purusha, Prakriti are ways to explain what? |  |
| Purusha and Prakriti have 3 children, the gunas what concept do they represent? |  |
| We are all born with a dense curled up energy at the base of our spines, often depicted as? |  |
| Explain what Kundalini Rising has to do with the order of our yoga class | Ida, Pingala, Purusha, Prakriti are ways to explain what? |
|  |  |

# sun salutations

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| Write Instructions next to each image, if there are no Sanskrit names please include those! Remember rule of 3… | Question: what does the teaching tip Yogi See Yogi Do have to do with teaching? |
| Tadasana - Mountain Pose | Yoga stick figures, Yoga mindfulness |  |
|  |  |
| Standing Half Forward Bend, Ardha Uttanasana. Yoga Position ... |  |
| Yoga 101: Sun Salutations - Breathing Space | Which leg goes back first in round 1? 2? |
| Can You Lose Weight Doing Yoga? Types, Exercises, and More | This is called a transition pose to make the sun salutations more accessible. 3-3-3- is not needed here |
| 26 Best Yoga Stick Figures images | Yoga stick figures, Stick ... |  |
| Blog — Reyn Studios |  |
| Backward Bending Postures (Yoga Stick Figures | Yoga stick figures ... |  |
| Can You Lose Weight Doing Yoga? Types, Exercises, and More |  |
| 26 Best Yoga Stick Figures images | Yoga stick figures, Stick ... |  |
| Can You Lose Weight Doing Yoga? Types, Exercises, and More |  |
| Yoga 101: Sun Salutations - Breathing Space | Which leg steps forward in round 1? 2? |
|  |  |
| Tadasana - Mountain Pose | Yoga stick figures, Yoga mindfulness |  |





**Purusha and Prakriti**

