## 1.1a Posture Profile (Student Template)

|  |  |
| --- | --- |
| **Name of Student Teacher:** | **Date of submission of profile:** |
| **Asana Sanskrit Name:** |  |
| **Common English Name:** |  |
| **Diagram or Picture** |
|  |
| **Starting Point/ Position** |
|  |
| **Key Joints & their action moving in to this pose:** |
|  |
| **Key muscles and their actions in this pose – consider what is stretching, contracting, fixators and synergists** |
|  |
| **Other physical factors: such as Breath, Core/Bandha, Strength, Fascia** |
|  |
| **Limiting Factors Including Muscles, Joints and Common Conditions Affecting this Posture (Areas for Caution)** |
|  |
| **Specific Preparation Practices for the Posture – preparing muscles and joints** |
|  |
| **Teaching the Posture in Stages using Modifications – link to areas for caution listed earlier** |
|  |
| **Teaching Points in the pose** |
|  |
| **Variations on the pose** |
|  |
| **Exiting Posture** |
|  |
| **Counter pose(s) – these should be gentle and not require their own preparation or counter pose** |
|  |
| **Key Evidence-Based on Benefits and Effects – *Unproven Yoga “Old Wives’ Tales” should not be taught*** |
|  |
| **Bibliography/ References** |
|  |
| **Student teacher’s comments on what has been learned from this task****Student teacher’s signature: Date:** |
| **Tutor’s comments:****Tutor’s signature: Date:** |

**Notes for guidance:** Diagrams may be used for explanation but must be correctly referenced. All areas of the profile must be covered as relevant to the specific posture; some aspects will be more applicable than others, depending on the posture. Tutors may ask for other information to be included. Continue to add boxes as needed for each key joint movement as relevant to post