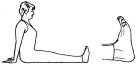
STRUCTURAL YOGA THERAPY

ANATOMY AND YOGA



1. Stick Pose-Dandasana Exhale, feet toward head, toes spread Dorsiflexion 20°



Inhale, point foot, curling the toes Plantar Flexion 50°



2. Inhale, soles face out, keep feet upright Dorsiflexion with Ankle Eversion 20°



Dorsiflexion with Ankle Inversion 45°



9. Inhale, hands in a fist, curled toward forearms Wrist Flexion 90°



Exhale, hands up, fingers toward head and spread Wrist Extension 80°



10. Inhale, palms flat and out Radial Deviation 20°



Exhale, palms flat and in Ulnar Deviation 20°



11. Inhale, fists out Exhale, in 3 times, then reverse circles Wrist Rotation



3. Inhale, circling out Exhale, circling in Ankle Rotation



4. Inhale, with mild arm effort, straighten knee Knee Extension 0°



Exhale, hold lower shin. pull heel to thigh Knee Flexion 135°



12. Inhale, arms straight, palms up Elbow Extension 0°



Exhale, knuckles to shoulders ElbowFlexion 145°



13. Inhale, elbows wide apart Shoulder Abduction 40'



Exhale, elbows together Shoulder Adduction 130°



14. Inhale, arms up, palms facing forward Shoulder External Rotation 90°



Exhale, arms down, palms back Shoulder Internal Rotation 80°



5. Inhale, turn leg out and swing it wide open Hip External Rotation 45°



Exhale, turn leg in and swing it back Hip Internal Rotation 35°



6. Inhale, head up, spine down Spine Extension



Exhale, back up, abdomen in Spine Flexion



15. Inhale, arms up, palms facing in Shoulder Flexion 180°



Exhale, arms behind back Shoulder Extension 50°



16. Inhale, arch back, squeeze blades Scapula Adduction Spine Extension



Exhale, round back. open shoulder blades Scapula Abduction Spine Flexion



17. Inhale, erect Exhale, side bend Spine Lateral Flexion



7. Inhale, stretch leg back and up, spine level Hip Extension 30°



Exhale, bring knee toward chest, spine lifted Hip Flexion 135°



8. Inhale, center pose, squeeze thighs



Exhale, hips to side, feet opposite, toes forward Hip Adduction (right) 30° Hip Abduction (left) 45°



18. Inhale, sit erect Exhale, spinal twist Spinal Rotation



Neck Extension 55°



19. Inhale, head up Exhale, head down Neck Flexion 45°



20. Inhale, sit erect Exhale, head to side Neck Lateral Flexion 45°



21. Inhale, center head Exhale, rotate head Neck Rotation 70°

Figure 19. Overview of the Joint-Freeing Series.

Figure 19. Overview of the Joint-Freeing Series (continued).