**Summative Assignment 3 Posture Profile**

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| **Name of Student Teacher:****BWY Number:** | **Date of submission of profile:** |
| **Asana Sanskrit Name** |  |
| **Common English Name** |  |
| **Diagram or Picture** |
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| **Starting Point/ Position** |
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| **Key Joints and their Actions** |
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| **Key Muscles and their Actions** |
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| **Limiting Factors: Cautions, Modifications**  |
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| **Vulnerable Areas: Cautions, Modifications**  |

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| **Specific Preparations** |
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| **Teaching the Posture in Stages**  |
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| **Teaching Points**  |
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| **Variations** |
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| **Exiting Posture** |
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| **Counter pose** |
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| **Key Benefits and Effects** |
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| **Bibliography/ References** |
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**Posture Profile: Notes for Guidance:**

Diagrams may be used for explanation but must be correctly referenced.

When detailing ‘Muscle Action’, include what is stretching and contracting. When relevant consider eccentric and concentric muscle action when moving into and out of a pose.

When detailing ‘Limiting Factors’ consider muscle strength/flexibility, joints, body geometry.

Vulnerable Areas to include everyday yoga class issues: ‘Blood Pressure, Neck, Shoulders, Wrists, Lumbar, Knees, Hip Replacement, Pregnancy’. Not all will be applicable.

When ‘Teaching the Posture in Stages’ the stages act as modifications. Check each area of caution (included earlier) has a suitable stage which acts as a modification.

Props to be included where relevant under modifications for ‘Limiting Factors’, ‘Vulnerable Areas’ and ‘Stages’.

Remember that counterposes are simple and do not require their own preparation or counterpose.

Key benefits and effects must be referenced, if not factual.

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.