

 **A) Kapotasana B) Ardha Chandrasana**

For the versions of Kapotasana (Pigeon or Dove pose) and Ardha Chandrasana (Half Moon pose) shown above please complete the following:

**i) Give the anatomical movements for each joint – articulations are not needed unless you wish to add them for your own learning**

*e.g. For Kapotasana: plantar flexion of the right foot at the ankle*

To do this please refer to your notes to see what is possible at each joint and it may be very helpful to actually practice the pose or diferent elements of it to feel what is happening!

**ii) Suggest at least five potential preparatory movements for each pose.**

These can be related to joints where you feel there should be some mobilization, or for muscles where you feel there should be some lengthening or strengthening. Your preparation should be simpler movements or asana which we could possibly incorporate earlier in the class, or even at an earlier class so it becomes part of a longer term preparation. For these you can simply name them or write a short description.

*e.g. For Kapotasana:*

*Shoulder circling: mobilise shoulder joints*

*Dwi Pada Pitham (Two-foot Support Pose): Stretch hip flexors & mobilise spine*

*Setu Bandhasana (Bridge Pose): Stretches hip flexors, mobilises spine and additionally creates hyperextension/backbending of the spine and hyperextension of the arms at the shoulders*

Do not worry about naming muscles or muscle groups at this stage, so for instance you can simply say mobilise shoulder joint or stretch calves etc.

iii) **Give two or three possible counterposes or pratikriyasana which could be taught immediately after practicing this pose to return the body to balance.**

If at all in doubt remember it is always good to physically practice the asana or at the very least make the anatomical movements when it is not possible for you to enter the full pose.

Please email me your work (written on an A4 sheet) before our next meeting so I can give you some feedback & see if you are beginning to think in the right way.