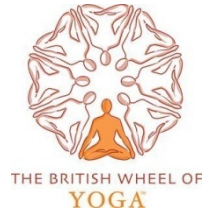


Assessment front sheets for Unit 1: 'Applied Anatomy and Physiology and the Teaching of Asana':

Task description paragraph 1.2.2




## 1.1a Posture Profile

**Name of Student Teacher:**

**Date of submission of profile: 18<sup>th</sup> March 2012**

<p><b>Name(s) of asana in Sanskrit</b></p> <p><i>Apanasana</i> Pronounced ah-pahn-AHS-uh-nuh</p> <p><b>Literal translation/derivation</b></p> <p><i>The Downward-Moving Energy (Apana) Pose</i></p> <p><b>Common English Name(s)</b> <i>The Supine Knee to Chest Pose or Wind Reliever pose</i></p>	
<p><b>Asana Analysis:</b> Key joints/articulation/nature of movement</p>	<p>Flexion &amp; Adduction of legs at hips (femur articulating with the acetabulum of the hips)</p> <p>Flexion of the lower legs at the knees (femur articulating with the tibia)</p> <p>Flexion &amp; Adduction of arms at shoulders (humerus articulating with the glenoid cavity of the scapula)</p>
<p>Key muscle groups that need to be able to lengthen and relax in the posture (will be stretched?)</p>	<p>Lower back (lumbar erector spinae)</p> <p>Buttocks (especially gluteus maximus)</p>
<p>Key muscle groups that need strength either to move into, hold, or exit the posture</p>	<p>Hip flexors, abdominal muscles</p>
<p><b>Preparation</b> Ways of mobilising key joints</p> <p>Ways of preparing key muscle groups that will lengthen and relax</p> <p>Ways of preparing key muscle groups that need strength either to move into, hold or exit the posture</p>	<p>None needed</p>
<p><b>Areas for Caution</b></p>	<p><b>Modifications to completed posture/Aids</b></p>

Anxiety/Depression/High Stress  Kyphosis or chin lifts, tight upper back/neck muscles  Vertigo  Pregnancy/Obesity  Knee problems  Hip replacement  Hiatus Hernia/Abdominal Surgery	Keep eyes open if wish  Place padding beneath back of head  Turn head to one side  Take legs apart  Can hold behind knees  Do not flex knees down to body use seated soft forward bend instead  Avoid so use seated soft forward bend instead
<b>Stages leading to the posture (using less challenging/modified versions to prepare for/ lead into the final posture):</b> including teaching points to promote good structural alignment and core strength/stability as appropriate to the posture  Non required.	
<b>Teaching points while in the posture</b> <ul style="list-style-type: none"> <li>• From a semi-supine position, lift feet and place hands just beneath the knees if possible, holding lightly</li> <li>• Let the upper body be straight along the ground, the neck lengthened, ensuring the chin has not lifted; check the back of the shoulders remain relaxed against the floor. If necessary place a block behind the head or hold around the thighs just beneath the knees</li> <li>• With every exhalation draw the knees towards the abdomen, and with every inhalation allow knees to move away from the abdomen into a more perpendicular position</li> <li>• Each time the legs move allow the elbows to fall to the side of the body</li> <li>• At all times keep the buttocks to the floor, do not allow them to lift</li> <li>• Broaden across the collar bones, keeping the upper body relaxed</li> <li>• See if you can connect with the breath and let the movement come primarily from the abdominal muscles and hip flexors rather than the arms</li> <li>• Work dynamically in time with a long slow breath</li> </ul>	
<b>Bringing students out of the posture</b> <ul style="list-style-type: none"> <li>• The exit will depend upon the students themselves and the nature of the following movement. We can simply return to a semi-supine or supine pose to continue the practice or we could roll along the length of the back to come to seated, we can straighten legs and use the forearms and elbows to come to a seated pose.</li> <li>• It can be used very effectively as the final counterpose to Savasana when completing a relaxation and so here rolling over to one side before returning to a seated position may be ideal.</li> </ul>	
<b>Variations/ways of developing the posture</b> As a variation students can: <ul style="list-style-type: none"> <li>• Use the yogic breath (3 part breath)</li> <li>• Work statically rather than dynamically, if being held for prolonged periods for</li> </ul>	

<p>therapeutic reasons we may need to lodge feet against wall to maintain the pose</p> <ul style="list-style-type: none"> <li>• Can gently rock from side to side</li> <li>• Can bring nose to chest</li> <li>• Work with one leg only, this is vatnyasana or pawanamuktasana, here the right leg is drawn inwards first then the left leg so we are massaging the ascending and then descending colon i.e. working in the direction of the colon. If needed the other straight leg can be bent with foot to floor to help stabilize the back when there are back conditions or stiff hips, both buttocks must be kept to the floor</li> <li>• To intensify vatnyasana/pawanmuktasana we can lift the head to the knee</li> </ul>	
<p><b>Counterposes</b> Can use:</p> <ul style="list-style-type: none"> <li>• Unnecessary, although can be followed by semi supine or supine pose</li> </ul>	
<p><b>Key benefits and effects:</b> (If esoteric, refer to source ancient texts)</p> <ul style="list-style-type: none"> <li>• Massages and balances lumbar muscles, reducing stiffness and pain</li> <li>• Can reduce muscle spasms if held for more than 10 minutes</li> <li>• Can aid sciatica</li> <li>• Gently releases the hamstrings</li> <li>• Promotes peristalsis and gently massages abdominal organs improving digestion; often recommended for IBS</li> <li>• Balances apana vayu, the downward moving wind, helping to remove gas and constipation, promoting good circulation in the abdominal region and effective elimination</li> <li>• Also balances apana vayu by encouraging a complete exhalation (1)</li> <li>• Can help alleviate menstrual cramps</li> <li>• This asana stimulates the swadhisthana and vishuddhi chakras (2)</li> <li>• Good counterpose for asana where the spine has been strongly moved, especially for backbends or twists</li> <li>• Calms the breath, body and mind</li> </ul> <p>In addition for vatnyasana/pawanamuktasana:</p> <ul style="list-style-type: none"> <li>• Straight leg side releases hip flexor muscles (tight when posterior thigh lifts from the floor)</li> </ul>	
<p><b>References in source ancient texts</b> (if any)</p> <p><b>Sources of information from modern teachers/bibliography</b></p> <p>Mohan A.G. (1993) Yoga For Body, Breath and Mind, Portland: Rudra Press, p107  Patel K. (2005) Corrective Exercise: A Practical Approach, London: Hodder Arnold, p192  Stiles M. (2000) Structural Yoga Therapy York Beach: Weiser, p218</p>	

**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: This template should be expanded in size to include detail as required. Diagrams may be used for explanation. 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.