



# CARDIOVASCULAR



## SYSTEM:

## ASANA &

## MEDITATION

WITH MICHELLE RAE SOBI





## QUESTIONS:

WHAT IS THE CARDIOVASCULAR SYSTEM?

HOW DOES MEDITATION AID THIS SYSTEM?

WHY DOES DOWNWARD FACING DOG  
AID THIS SYSTEM?



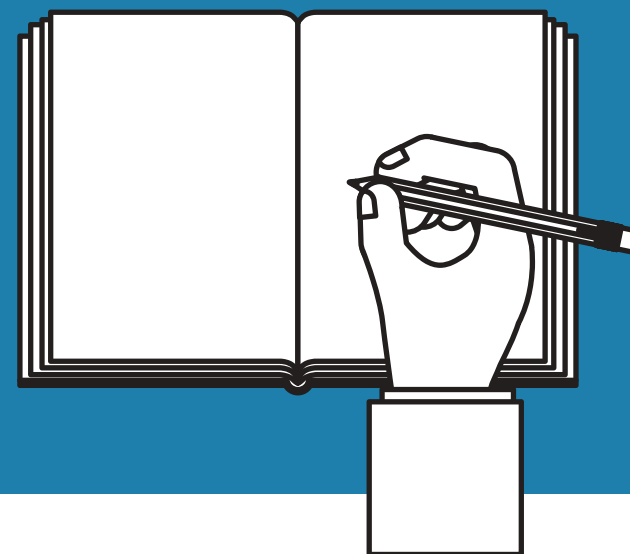


# JOURNALING EXERCISE



LISTEN TO THE  
LESSONS:

THE CARDIO SYSTEM  
AND MEDIATION  
&  
DOWNWARD  
FACING DOG



JOURNAL YOUR  
REFLECTIONS.

WHAT DID YOU  
TAKEAWAY ON THIS  
SYSTEM?

HOW CAN ASANA  
AID IT?

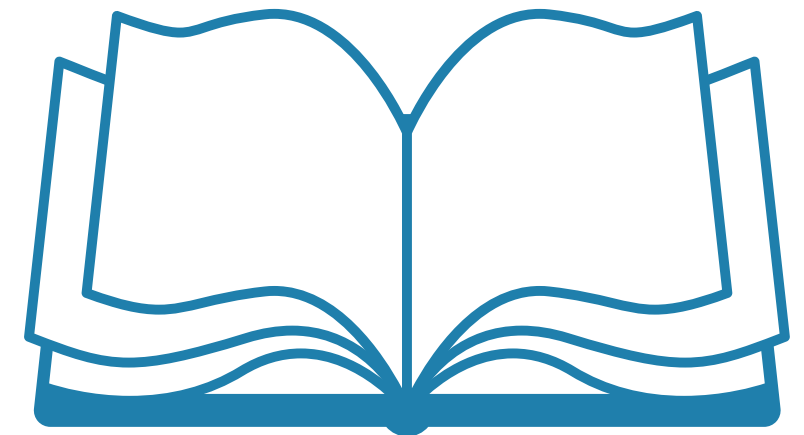


# THINGS YOU'LL NEED FOR THIS LESSON:



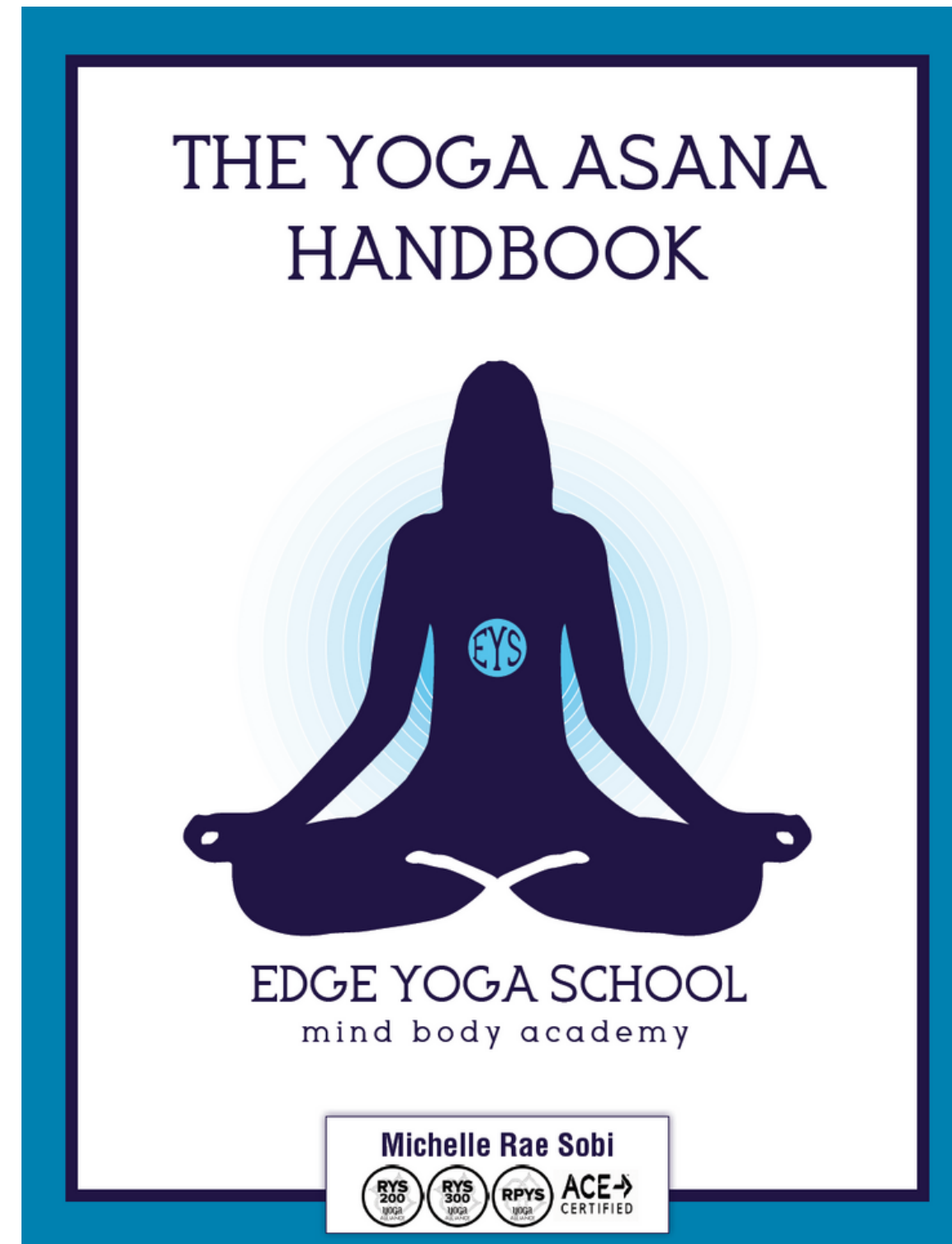
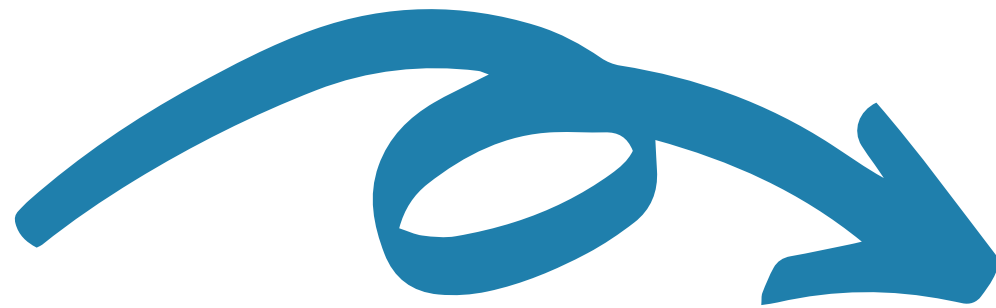
YOGA ANATOMY  
BY KAMINOFF & MATTHEWS  
2ND EDITION

YOGA ASANA HANDBOOK  
BY MICHELLE RAE SOBI





# YOGA ASANA HANDBOOK



FOR THIS  
LESSON,  
YOU'LL  
NEED  
YOUR  
HANDBOOK



# YOGA ASANA HANDBOOK



## OPEN TO DOWNWARD FACING DOG

ASANAS


### DOWNWARD FACING DOG

ADHO MUKHA SVANA

**CUES**  
Begin in Mountain pose. Swan dive down into Forward Fold. Walk your hands out until your hips are skyward. Weight is even in the hands and feet. Press the shoulders low as your ears track alongside your biceps. Drop your heels toward the ground.

**QUALITIES**  
Slowly peddle the heels to lengthen the calves. Sink shoulders down as you inch the hips higher. Press firmly into the palms of the hands and feet. Open the ribcage. Create a space from the palm of the hands to engage the forearms.

**MODIFICATION**  
Bend the knees into a Puppy Pose. Do not lengthen heels all the way to mat.



Energizes the body. Calms the brain. Feel strength, while getting a full body stretch. Feel tall, lifted and strong when raising the hips high to the sky.

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# YOGA ASANA HANDBOOK



FILL OUT THE  
WORKSHEET ON  
PAGE 100

THE WORKBOOK

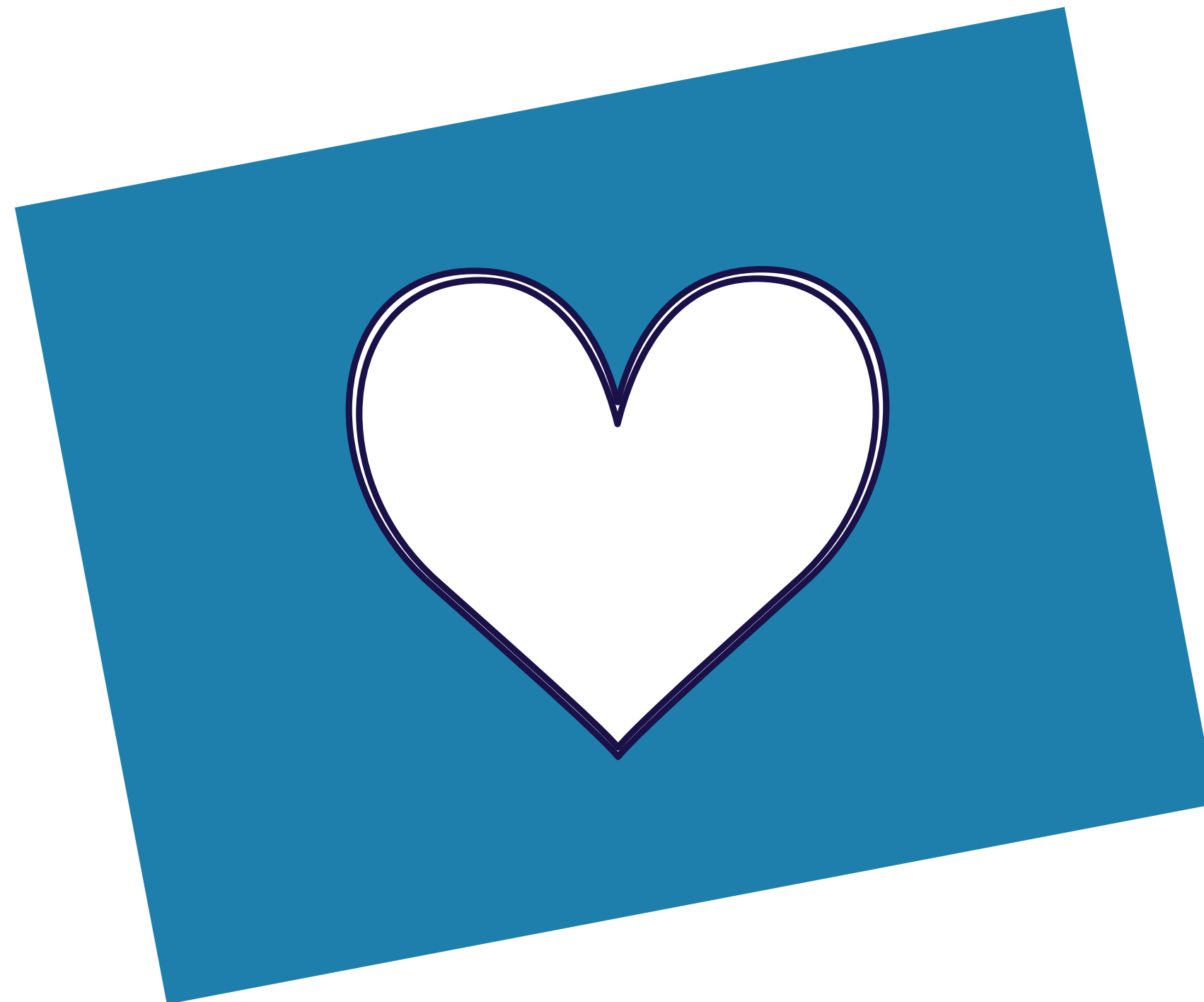
## ANATOMY OF ASANA

Yoga and anatomy are closely tied together. Yoga affects the body on a muscular, connective tissue, skeletal and cellular level.

In what ways does yoga change the muscular structure to improve health?	How do the postures in yoga work to enhance the connective tissue?
How does yoga go so deep it affects the skeletal structure and how so?	Going even deeper, how does yoga penetrate the cellular level and the benefits that result?

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CONSIDER  
THE IMPACT  
OF THE  
SYSTEM BY  
ASANA VS  
MEDIATION.





# HOMework



## TAKE-AWAY

CREATE A  
CLASS TO INCLUDE  
DOWNWARD  
FACING DOG AND  
A MEDITATION  
SCRIPT.

THE WORKBOOK

CREATE A CLASS

It's your turn to teach! Create a yoga segment. Be sure to include different movements of the spine: neutral, flexion, extension, lateral bends, rotations and inversions. Break out into groups and teach one another 3-4 posture sequence.

Name of class:

Posture #1:

Cues:

Qualities:

Modifications:

Posture #2:

Cues:

Qualities:

Modifications:

Posture #3:

Cues:

Qualities:

Modifications:

Posture #4:

Cues:

Qualities:

Modifications:

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THEME YOUR  
MEDITATION TO  
COMPLEMENT YOUR  
ASANA PRACTICE!



*Thank  
You!  
Namaste.*

