

ANATOMY FOR

HIP OPENERS FORWARD BENDS

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HOW TO USE THIS BOOK

Fracticing yogs is like passing through a series of doors, with each door revealing new possibilities in the poses. The key to unlocking the first door is understanding the joint positions. This understanding can be used to identify the muscles that create the form of the pose and those that streach. The key to positioning the joints is ergaging the correct muscles. This begins with the prime movers. Engage the prime movers and the bones will align. The key to deepering the asanas is using your understanding of positionity to lengthen the muscles that stretch in the pose Focus on these keys and the postures will automatically fall into place and manifest the beneficial effects of yogs. These includes improved flexibility, beightened awareness, a sense of well-being, and deep relaxation.

The Mat Companion series is a set of modular books. Each book focuses on a specific pose category and contains the following

- The Key Concepts: a description of biomechanical and physiological principles with
- The Key Concepts a description of bornechanical and physiological principles with applications for specific poses.
 The Bandha Yoga Codex: a simple five-step process that can be used to improve your fiestibility, strength, and precision in the sarnas.
 The Pose Section: a detailed description of the individual postures.
 Movement Index: explanations of body movement and tables listing the muscles associated with each movement.

- Anasony Index: a visual listing of boxes, ligaments, and muscles (showing the origins, insertions, and actions of each)
 Glossary of Terms
- · Sanskrit Pronunciation and Pose Index
- English Pose Index



FIGURE 1 The Key Concepts show you how to apply biomechanics and physiology to your poses. Read this section first and return here often to refresh your knowledge.

FIGURE 2 The opening page for each pose illustrates the basic joint actions and positions of the body for that particular assers Sensitivit and English names are provided for each posture. Use this page to assist you is learning the basic form of the pose and other concise details.





FIGURE 3 Use the preparatory section as a guide for how to enter the pose. If you are new to you or feel a bit stiff, use once of these modifications for your practice in general, the preparatory poses affect the same muscle groups as the final same. You will be refit from the pose no matter which variation you gractice.

FIGURE 4 Each pose cores with a series of steps for engaging the muscles that position the joint, cooksiding with a summary of the massles that stretch. Muscles that contract are colored different shades of the (with the prince moves deep blus), and those that stretch are red. Use the pose section to master the anatomy of any given assata.



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KEY CONCEPT

AGONIST/ANTAGONIST RELATIONSHIPS: RECIPROCAL INHIBITION

Hatha Yoga is the most popular form of yoga in the brain signals an agonist muscle to contract, it simultatives to the form an accent trypientic system for maintaining spiritual and physical health. The Sanskrit word hatha translates to mean suntimono or yin/ying This fits perfectly with how the body balances opposites through biosenses. feetly with how the body balances opposites through bio-mechanics and physiology arm. You can use the arms and gravity to fise the trust, Agociat/antagociat relationships and reciprocal inhibition illustrate such a balance. Agonist muscles contract to move a joint or appendage one way and dur-ing this movement their antagonists stretch. When the

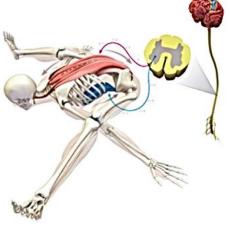




FIGURE 2 In Paschimotransana we flex the truth and hips. A key agenist/hartagenist relationship is this pose involves the poses (which freese the hipsi and its artagenist, the glates maximus which contends them). Activities the pose produces reciprocal inhibition of the glates maximus which contends them). Activities the select inhibition of the glates maximus which contends them) activities the select inhibition of the glates maximus. Allowing it to elack into the service. When the grows attention to the best knee The quadricept activate to exhibit the hipsic think the possibility of the production of the hamstrings to the text knee The quadricept activate to which the hipsic think the physiological effect of reciprocal inhibition relaxing this muscle. Therefore, occurring stretch, You can extend the knee with the arms.



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