Yoga Anatomy
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Yoga poses can be selected to support basic fitness concepts. This could be a gentler approach to yoga, especially useful for a resistant population. Using the poses selected at the end of the class provides a cool down and stretch. Poses can be chosen to work strength, flexibility, balance, or all. Start with one or two, and gradually build.

Standing poses
Mountain – a good starting position when using a series of poses
Chair - strengthens erector spinae and back, glutes and quads (to support trunk lift)
Standing forward bend – stretches spinal, glutes and hams (to support sit and reach)
Tree pose – balance
Eagle pose – balance and stretches glutes
Warrior I – stretches hip, hams, quads, strengthen quads
Warrior II – stretches hams, quads, iliopsoas
Triangle – hip opener, stretches glutes and ham

Seated poses
Seated forward bend – stretches hams and spine
Head to knee – stretches ham, spine, lats
  Variation – ham and spine with a bind
Half lord of the fishes – spinal rotation flexibility
Boat – strengthens abs (supports curl ups)
Pigeon – stretches piriformis, ham, hip

Prone poses
Cobra – strengthens erector spinae (supports trunk lift)
Downward dog – strengthens hams, glutes, lats, tricep
Four limbed staff – strengthens triceps, biceps, pects (supports push ups)
Side plank – strengthens obliques, abs, deltoids

Supine poses
Bridge – stretches abs, psoas, strengthens quads
Belly twist – spinal rotation, stretches obliques, glutes
Corpse – relaxation pose, a good opportunity for progressive relaxation

Personal Yoga Practice – students research and pick poses to develop their own practice
  1. Mountain pose
  2. Standing pose –
  3. Standing pose –
  4. Arm balance –
  5. Forward bend -
  6. Back bend –
  7. Corpse pose -

Yoga Circuit – using circuit cards, rotate students around stations, allowing a minute or two to practice
Yoga relay – in teams, one student at a time picks a card, and returns to team. When the team has designated number of cards, they assemble them in a sensible order and demonstrated their “practice”. Teams rotate to try the other groups practice.