

Brief sample of teacher trainer manual.....

inspyayoga

ASANA MANUAL

Third Edition

compiled by Lance Schuler

A wonderfully comprehensive manual for the student and teacher alike, 424 pages of instructional pictures and information.

The manual takes you through asanas, adjusting, partner work, the use of blocks, chairs, straps and other yoga aids.

Scroll down further to view the list of contents.....



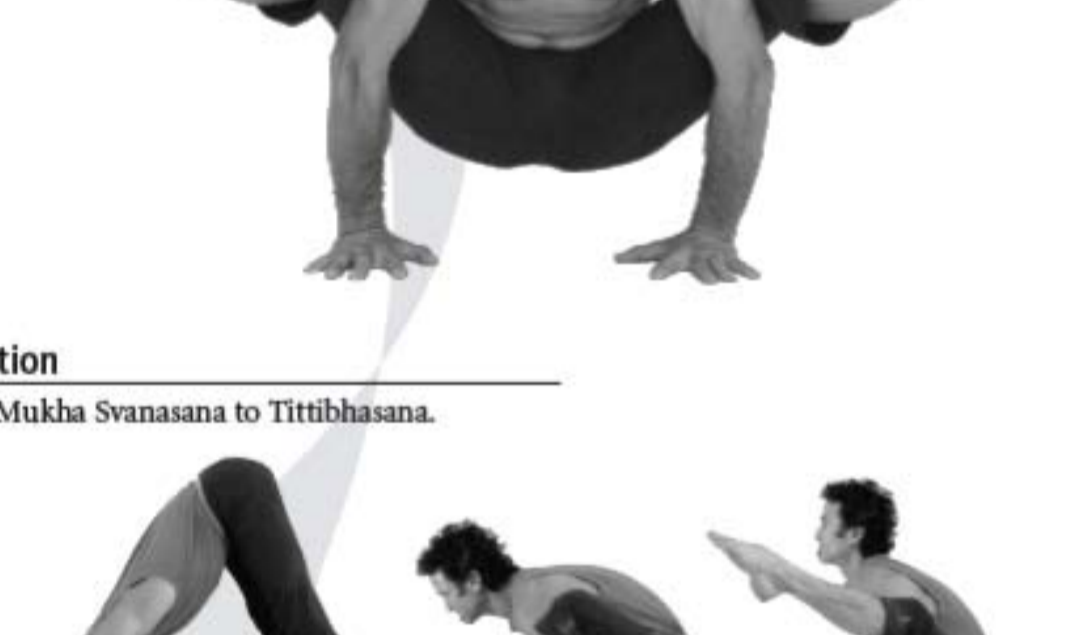
Adjustment
When exiting the pose releasing one arm at a time. When student balanced slowly remove feet.

One hand to lower back first. Adjusters leg to students thigh. Lift and roll shoulders gently. Bring palms of hands together. Extend and lower arms.

Adjuster steps one foot between students arms supporting students back with leg, taking hands to floor. Can release pointer fingers to floor. Slowly release pressure on back to allow student to rebalance before coming up.

Tittibhasana

tittibha firefly



Variation
Adho Mukha Svanasana to Tittibhasana.



Tittibhasana to Chaturanga.



Prop Usage



Elbows to wall, moving chest toward wall.



Legs extended, with or without bolster under head.



Adjustment
Feet stabilizing elbows to shoulder width. Hands to upper back, opening chest.

inspyayoga

Contents

Manual Overview	1
The Role of Breath in Asana	3
Breathing Guidelines in Asanas	3
Ethical Guidelines for Teachers	5
Yamas (behavior restraints)	5
Niyamas (internal restraints)	5
Setting the Class Intention.	7
Introduction	7
Class Intentions.	7
Teaching a Class	9
Before the Class	9
Organizing the Students	9
Start the Class	9
Instruction	9
Connecting with the Student	10
Teaching a Pose	10
Action Commands and Passive Instructions	11
Deepening the Student's Understanding	12
Observation.	12
Demonstrations, Voice Intonation and Setting the Pace.	13
Demonstrations.	13
Voice Intonation	13
Setting the Pace	14
Injury Prevention and Management	15
Introduction	15
General Guidelines	15
Other Ways to Minimize Injury	16
Common Injuries.	16
Last words Of Wisdom.	18
Prop Usage and Posture Variations	19
Prop Usage	19
Posture Variations	19
Adjustments and Improvements.	21
The Principle of Adjusting	21
Adjustment Technique	21
Breathing and adjustments	22
Self Adjustments	22
Beginner Students	23
Adjustment Postures	25
Partner Yoga	33
Introduction	33
Partner Sequence	35
Restorative Postures	39
Introduction	39
Restorative Sequence	41
Male Reproductive System.	43
Introduction	43
Male Reproductive Sequence	45
Menstration	47
Introduction	47
Menstration Sequence	49
Pregnancy Postures	51
Introduction	51
Pregnancy Sequence	53
Post Natal	57
Introduction	57
Post Natal Sequence	59
Menopause.	63
Introduction	63
Menopause Sequence.	65
Formatting and Sequencing Classes	67
Introduction	67
Core Structure for Sequencing Classes	68
Warm Up Chart for 'Family' of Postures	69
Class Classifications	69
Surya Namaskar and Vinyasa	73
Surya Namaskar (Salutation to the Sun).	73
Vinyasa (movement with breath)	73
Surya Namaskar A	75
Surya Namaskar B	76
Standing Postures	79
Introduction	79
Asanas for Standing (with balances)	81
Class Format and Sequencing	81
Balancing Postures	83
Introduction	83
Hip Opening Postures	85
Introduction	85
Asanas for Hip Openers	86
Class Format and Sequencing	87
Abdominal and Lower Back Postures	89
Introduction	89
Asanas for Abdominal and Lower Back	91
Class Format and Sequencing	91
Chest and Shoulder Opening Postures.	93
Introduction	93
Asana for Chest and Shoulder Openers.	94
Class Format and Sequencing	94
Upper Body Postures.	97
Introduction	97
Asanas for Upper Body (with arm balances)	99
Class Format and Sequencing	99
Inverted Postures	101
Introduction	101
Asanas for Inversions	103
Class Format and Sequencing	103
Back Bending Postures.	105
Introduction	105
Asanas for Back Bends	106
Class Format and Sequencing	106
Twisting/Lateral Postures	109
Introduction	109
Asanas for Twists/Laterals	110
Class Format and Sequencing	111
Seated Forward Bend Postures	113
Introduction	113
Asanas for Seated Forward Bends	115
Class Format and Sequencing	115
Asanas (see index)	117
Glossary	405
Index	409
References/Bibliography	415