YogaAnatomy.org

Leslie Kaminoff's esutra blog, teaching and touring schedules

PURE Yoga Austin, TX

Leslie Kaminoff

SUNDAY AM: The Spine in Action: Asana from the Inside Out

FIVE MOVEMENTS OF THE SPINE:

- Flexion
- Extension
- Lateral Flexion
- Axial Rotation
- Axial Extension

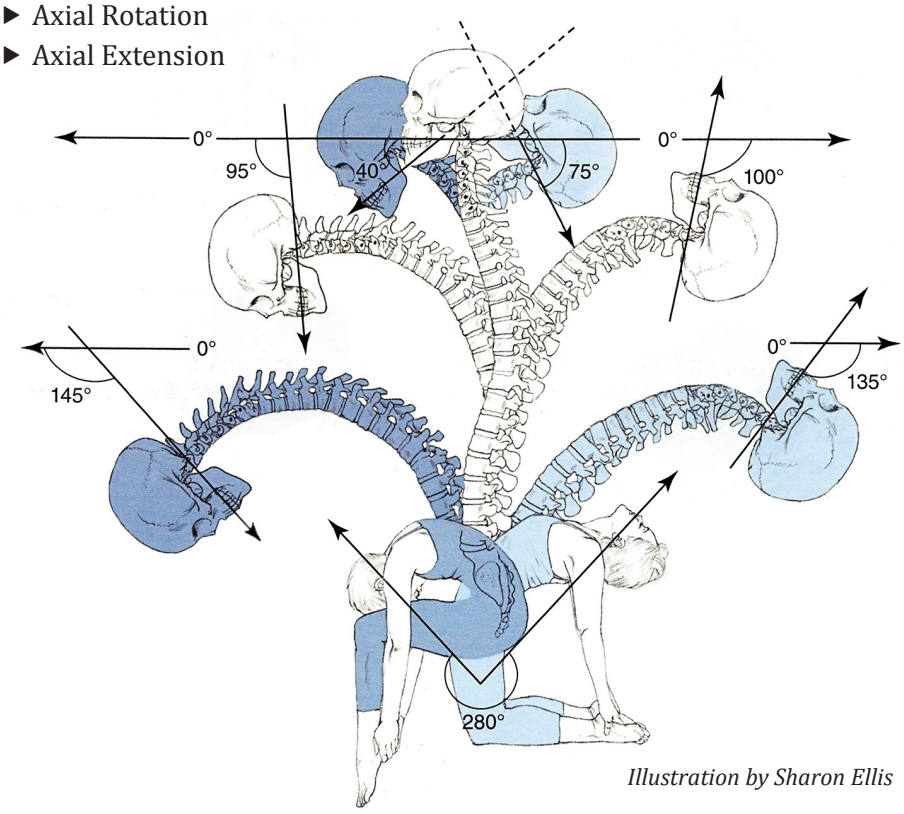


Illustration by Sharon Ellis

	FLEXION	avg/vert	EXTENSION	avg/vert	COMBINED
C1-C7	40º	5.7	75º	10.7	115º
T1-T12	45º	3.8	25º	2.0	70º
L1-L5	60º	12.0	35º	7.0	95º
TOTAL	145º		135º		280º

LATERAL FEXION	avg/vert	AXIAL ROTATION	avg/vert
35º	5.0	50º	7.1
20º	1.7	35º	2.9
20º	4.0	5º	1.0
75º		90º	

Still photos may be posted to social media if you tag lkaminoff (Facebook)/ leslie.kaminoff (Instagram).

- leslie@yogaanatomy.org
- facebook.com/ KaminoffYogaAnatomy
- workshop page: yogaanatomy.org/pureyoga-24
- survey: http://y-an.org/ student
- breathingproject.com

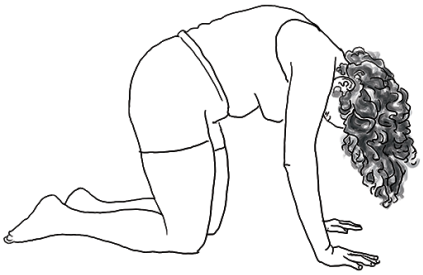
Print on-demand selections from Lydia Mann's anatomy art collection available at bit.ly/anatomy-art

Flexion = shape of the primary curve

- increase of primary curves, decrease of secondary curves)
- Anterior part of spine is more concave, posterior part of spine is more convex
- ex: shape of "Cat"

Extension = shape of the secondary curve

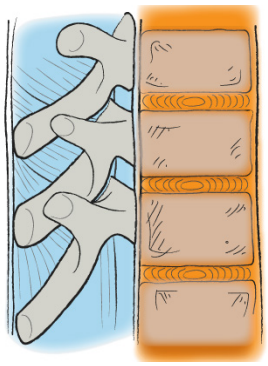
- increase in secondary curves, decrease in primary curves
- Anterior part of spine is more convex, posterior part of spine is more concave
- ex: shape of "Cow"



Unless otherwise noted ©Leslie Kaminoff. Illustrations by Lydia Mann.

Sthira: Protection for the central nervous system
Sukha: Range of motion for freedom of movement

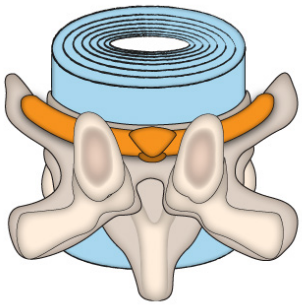
THE TWO COLUMNS OF THE SPINE:



Sthira: Anterior (Red)
vertebral bodies and discs
Sukha: Posterior (Blue)
arches, processes, ligaments

INTERVERTEBRAL DISC STRUCTURE:

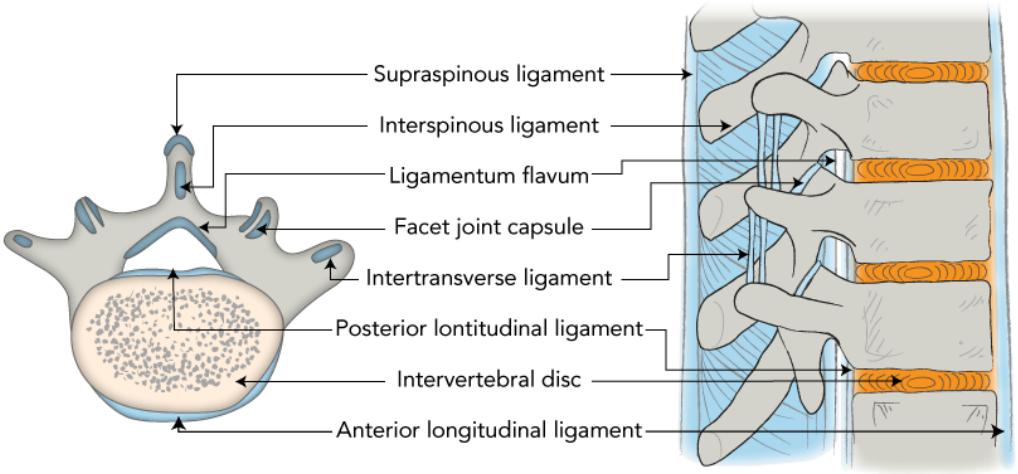
concentric rings of the annulus fibrosus surround the nucleus pulposus



THE LIGAMENTS OF THE SPINE :

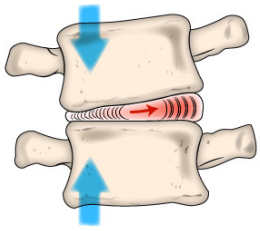
Posterior column : Sukha
Range of motion for freedom of movement; the posterior arches, processes, ligaments

Anterior column : Sthira
Protection for the central nervous system; the anterior vertebral bodies and discs



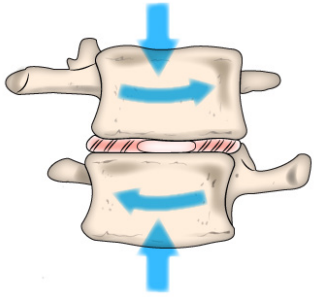
MOVEMENTS OF THE VERTEBRAE:

- propel the nucleus of the disc
- in the opposite direction,
- which builds energy within the disc
- to help return the vertebrae to neutral



AXIAL ROTATION (TWISTING)

- flattens the nucleus,
- propelled by the annulus to regain its height,
- leads to an opposing spiral
- in the spine.



Unless otherwise noted ©Leslie Kaminoff. Illustrations by Lydia Mann.