Homework #3

based on our first two asana classes

1. Which postures/movements from Asana Sequence 1 are your favorite? Why?
2. Describe a forward bend, back bend, side bend and twist in terms of how the spine is moving. Which group is the most challenging for you? Why?
3. Why is centering at the beginning of a yoga class and relaxing at the end so important? Relaxation corresponds to which of the 8 limbs?
4. Where do you look for movement in the body when breathing diaphragmatically? What is another name commonly used for the diaphragmatic breath?
5. Describe the Complete Breath. How is it different from the belly breath? Which is more relaxing? Which is more invigorating?
* Please note - both the Diaphragmatic Breath (also called belly breathing, breathing from the abdomen, yogic breathing) and the Complete Breath engage the diaphragm. Realistically, you cannot breathe at all without the diaphragm! Shallow chest breathing still requires movement from the diaphragm but *very* weakly/minimally.