

The Body Sublime: Functional Elements of Yin Yoga

Worksheet: Posture Practice – Feeling Tension and Compression

In this session, you will practice a variety of Yin Yoga asanas and begin to analyze the dynamic of the asana in terms of tensile and compressive dynamics.

Instructions: Please play the video session, **Posture Practice: Feeling Tension and Compression (Lesson 8)**, and once you've come into each posture, **PAUSE** the video and stay in the pose for a few minutes. Notice the sensations you're feeling and try to analyze whether those sensations are tensile or compressive in nature. After remaining in each pose, come out and make notes about each posture on this worksheet. Once you've recorded your observations and analyses, then proceed with the next posture.

Please Note: In the video, postures are demonstrated on one side only. Please repeat each of the asymmetric poses on each side.

Time to Complete: Approximately 90 minutes.

The Posture: **Wide Knee Child's Pose**

1. **Knees Wide; Toes Touching; Torso Forward; Bringing Head to Hands.**

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

2. **Knees Wide; Toes Separated**

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

The Posture: **Saddle**

1. **Sit on heels or block; Rest on Hands, only.**

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

2. **Recline to Elbows (if possible); Let Head Hang Back**

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

Saddle (*continued*)

5. Recline Over Bolsters or to Floor; Arms Overhead

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

The Posture: Dragon, Right Foot Forward

1. Hands on Both Sides of Front Foot; Front Knee in Line with Hip and Over Heel

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

Dragon, Right Foot Forward (*continued*)

2. Front Knee “Wings Out”; Inner Edge of Foot Lifts

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

3. Twisted Variation

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

The Posture: **Dragon, Left Foot Forward**

1. Hands on Both Sides of Front Foot; Front Knee in Line with Hip and Over Heel

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

2. Front Knee “Wings Out”; Inner Edge of Foot Lifts

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

Dragon, Left Foot Forward (*continued*)

3. Twisted Variation

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

The Posture: Shoelace and Square, Right Leg on Top / In Front

1. Sitting Shoelace: Hips on Floor or Block/Cushion

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

Shoelace and Square, Right Leg on Top / In Front (continued)

4. Forward Shoelace: Elbows to Block; Hands Supporting Head

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

5. Square: Shins Crossed; Hands Supporting

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

Anahatasana – Melting Heart (*continued*)

2. Elbows on Blocks; Palm in Namaste

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

3. Arms Straight; Hands on Blocks

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

The Posture: **Half-Butterfly, Right Leg Straight**

1. **Folding Over Straight Leg**

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

2. **Support Bent Knee with Block**

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

The Posture: **Half-Butterfly, Left Leg Straight**

1. **Folding Over Straight Leg (second side)**

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

2. **Support Bent Knee with Block (second side)**

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

The Posture: **Lying Twist, Knees to Right Side**

1. **Knees Stacked**

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

2. **Cat Tail; Top Knee Down, Tugging Bottom Foot**

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

Lying Twist, Knees to Right Side (*continued*)

3. Bottom Leg Straight

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

The Posture: Lying Twist, Knees to Left Side

1. Knees Stacked (second side)

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

Lying Twist, Knees to Left Side (*continued*)

2. Cat Tail; Top Knee Down, Tugging Bottom Foot (second side)

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?

3. Bottom Leg Straight (second side)

- a. What sensations do you feel and where?

- b. Do you classify those sensations as tension or compression, and please explain your answer?

- c. Other observations or questions you have about the pose?