

ANATOMY AND PHYSIOLOGY FOR YOGA TEACHERS

A comprehensive understanding of human anatomy and physiology is essential in becoming a knowledgeable yoga teacher and addressing the needs of your students. As a preparation for an in-depth study of human anatomy as it relates to yoga asana, you will need to become thoroughly familiar with the different parts of the muscular and skeletal systems, and the basic physiology of the body.

This month you will begin your study by familiarizing yourself with the parts of the human anatomy which are listed below. You will need to be able to identify each one on an anatomical diagram, and in some cases, to describe its function. To gain this knowledge, you will be referencing Green's *Human Anatomy* and reviewing pages 1-42 of this section. You may also want to reference *The Breathing Book* and *Yoga, the Iyengar Way*. These texts will familiarize you with the terminology which we will be using to discuss the body and its structures.

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| 1. Parts of the Foot | 17. Gastrocnemius |
| 2. Parts of the Pelvis | 18. Achilles Tendon |
| 3. Femur | 19. Sections of the Spine |
| 4. Humerus | 20. Patella |
| 5. Sacrum | 21. Internal Organs* |
| 6. Sternum | 22. Floating Ribs |
| 7. Scapula | 23. Latissimus Dorsi |
| 8. Perineum | 24. Rhomboids |
| 9. Soft Palate | 25. Endocrine System |
| 10. Quadriceps | 26. Radius |
| 11. Hamstrings | 27. Ulna |
| 12. Biceps | 28. Septum |
| 13. Triceps | 29. Deltoids |
| 14. Trapezius | 30. Psoas |
| 15. Groin | 31. Diaphragm |
| 16. Coccyx | 32. Fibula |

* large intestine, small intestine, liver, spleen, pancreas, kidneys, adrenals, heart, lungs, thymus, pineal, pituitary, diaphragm, thyroid, parathyroid

