

MULTI - PLANAR VINYASA

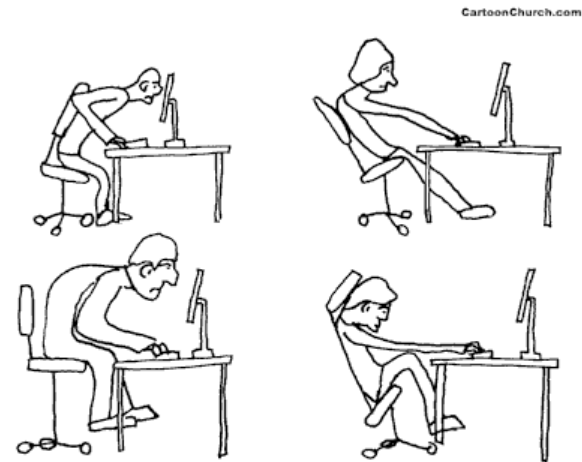
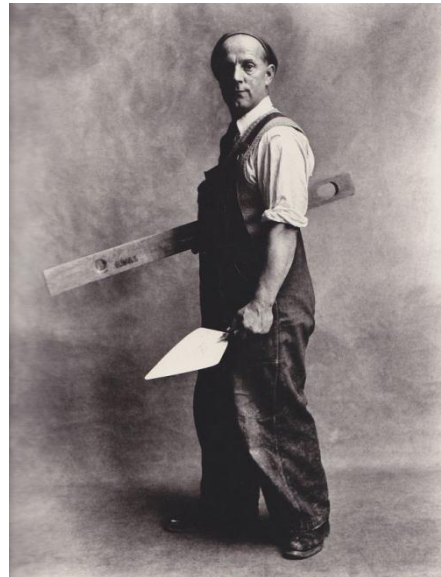
Presented by Claire Norgate



WHY ?

THIS SESSION AROSE FROM A COMBINATION OF FACTORS AND QUESTIONS.....

1. The power of Yoga as a system of 'bodywork'.
2. Is the body of the 21st century similar to the body of the 15th century or even the mid 20th century?

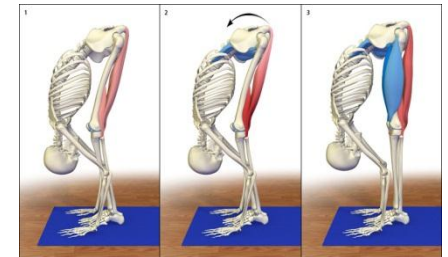


BAD POSTURE (EXAMPLES OF)

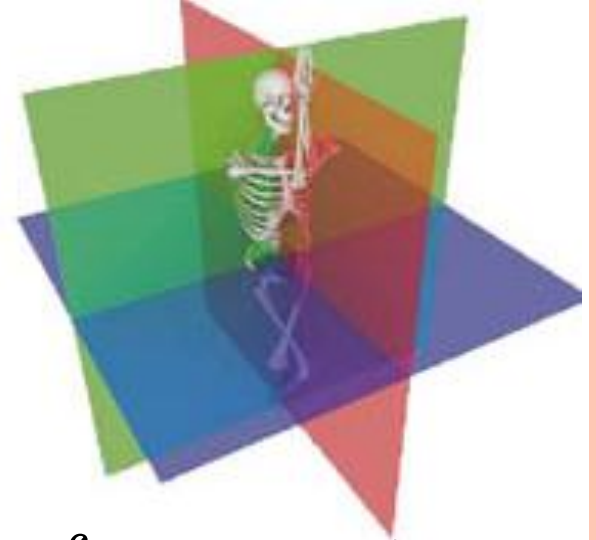


WHY ?

1. Learning anatomy is commonly analysing individual muscle actions & we therefore tend to explore yoga poses this way.
2. When we divide information into parts we can often forget the connection.
3. Isolate or integrate as a system to restore healthy movement, which is best?
4. Why do I get 'scared' watching up-dog and down-dog being performed in class????



THIS SESSION IS ABOUT....

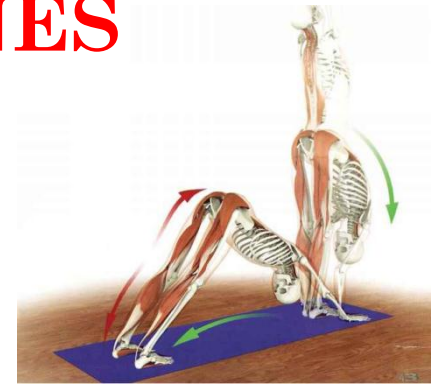


- Applying an understanding of Planes of movement and yoga to then -
- Developing knowledge of the myofascial connection to yoga asana
- Asking questions rather than giving answers
- Designed to develop curiosity
- Experiential – note how you feel



FIRST PLANES.....HOW DO WE MOVE THROUGH PLANES

- Sagittal Plane – Flexion / Extension



- Transverse Plane – Rotation



- Frontal Plane – Lateral Movement



Pictures form Ray Long



WHICH PLANE SHOULD COME FIRST?

- Really difficult to determine in group setting
- **The most overlooked flexibility highway is the Frontal plane**
- 80% of non-impact injuries occur due to lack of control in the transverse plane. In your program design, include rotational work, and do it before your linear training
- **But, if you lose thoracic spine extension, it's hard to rotate**
- You need good hip extension in order to have good back extension – so lunge before up dog
- **Strengthen foot musculature to provide relief of piriformis problems and sciatica**
- Since mobility without stability creates a vulnerability, the body tightens up in protection
- **If tight in frontal plane can't work sagittal as well**

Ideas from Chuck Wolfe



TRADITIONAL YOGA WARM UP

- Performed from standing through sagittal plane
- Loads muscles in a strong eccentric action
- Multi planar mobility and strength required
- Thoracic extension required
- Requires normal chest to back biomechanics



**FOR A WESTERN BODY, MAYBE MOVE
THROUGH OTHER PLANES FIRST**



FROM PLANES TO MYOFASCIAL LINES

- Planes describe how we move our bodies in space – i.e. in three dimensions
- Myofascial lines describe how FASCIA connects areas of the body together and how MUSCLES group into families
- Myofascial lines help us to SEE how the bits of the body move together
- This may help us understand a Yoga asana more clearly



MYOFASCIAL LINES – A SYSTEMS VIEW

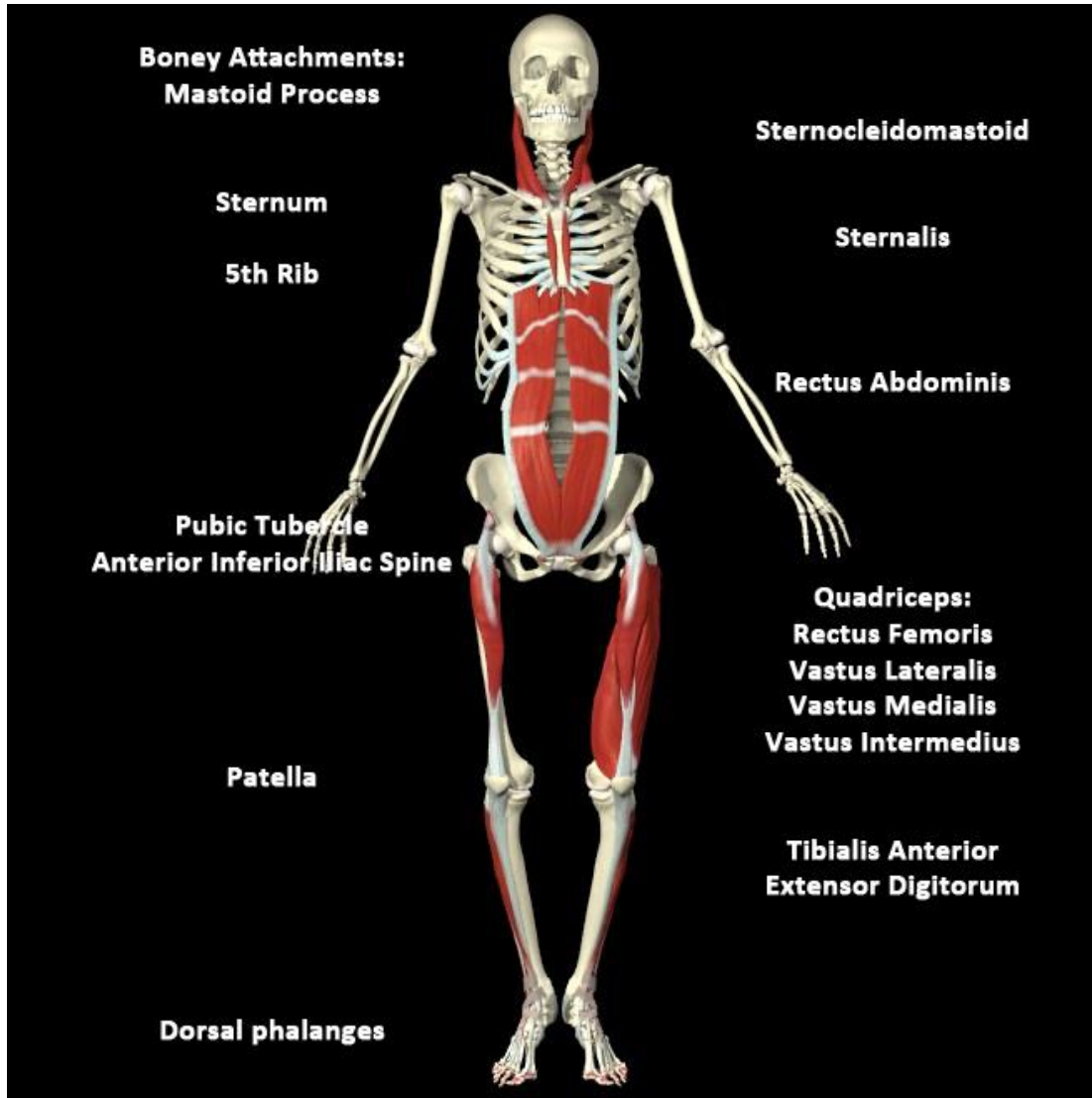
- The Superficial Front Line
- The Superficial Back Line
- Lateral Line (2 sides)

These 3 are considered the cardinal lines

- Spiral Line
- Arm Lines (x 4)
- Functional Lines (front and back X)
- Deep front Line (has an anterior and posterior view)



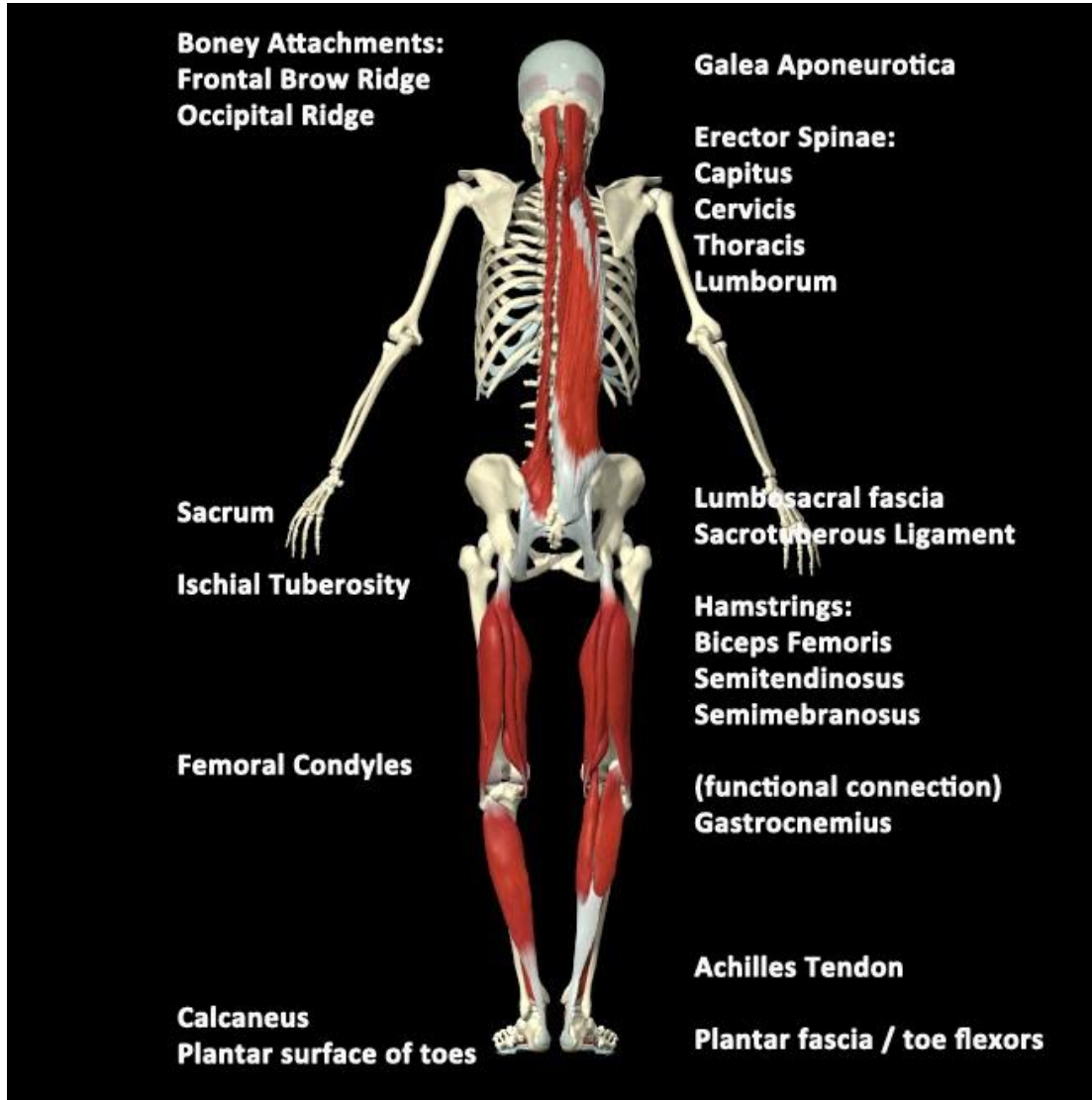
SUPERFICIAL FRONT LINE



The Superficial Front Line acts to contract the front of the body.



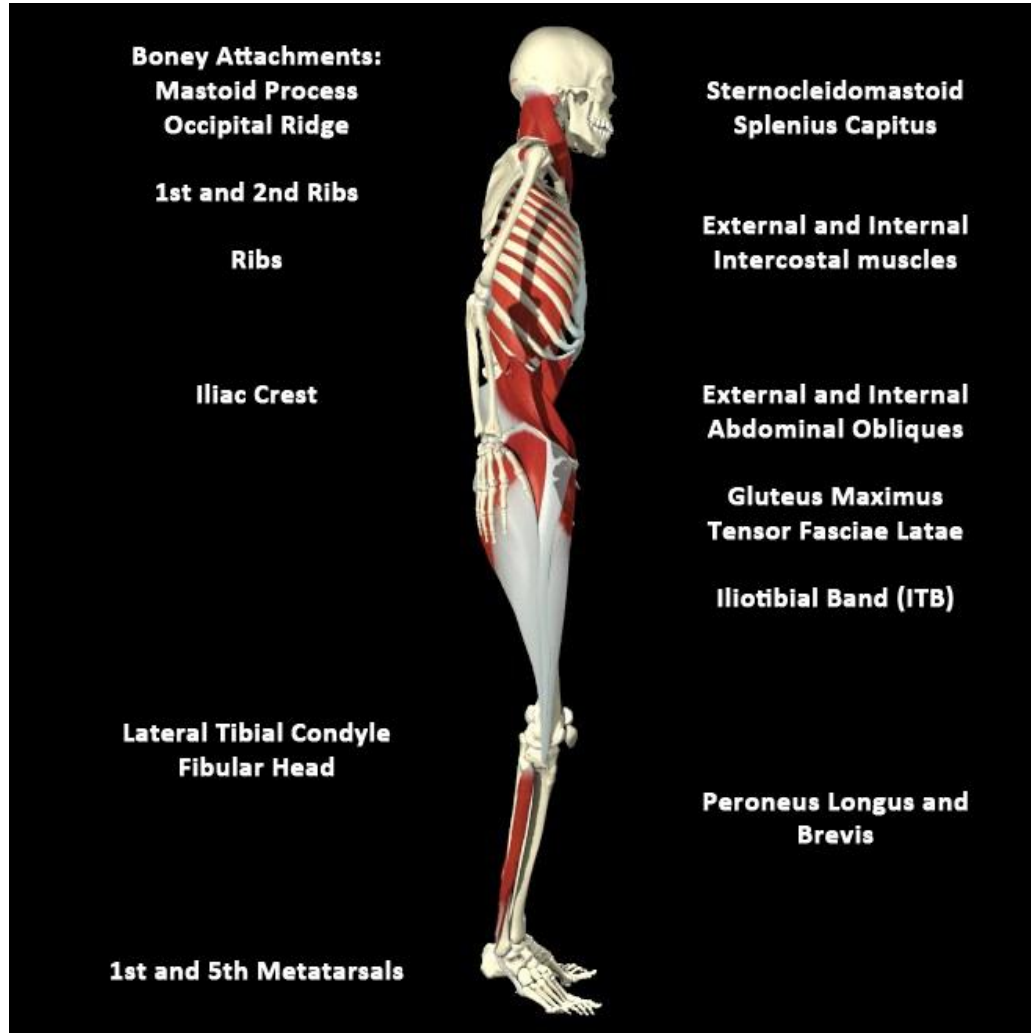
SUPERFICIAL BACK LINE



The Superficial Back connects the entire back side of the body from the plantar surface of the toes to the brow-line of the frontal bone on the forehead.



LATERAL LINE



The lateral line creates lateral flexion of the spine, abduction at the hip, eversion of the foot and brakes in rotation.



SPIRAL LINE

Bony Attachments:
Lateral Ribs

Serratus Anterior

Internal and External
Abdominal Obliques

Iliac Crest / ASIS

Tensor Fascia Lata

Ischial Tuberosity

Biceps Femoris

Lateral Tibial Condyle
Fibular Head

Anterior Tibialis
Peroneus Longus

1st Metatarsal

Bony Attachments:
Occipital Ridge

Lower Cervical and
Thoracic Spinous Processes

Scapula

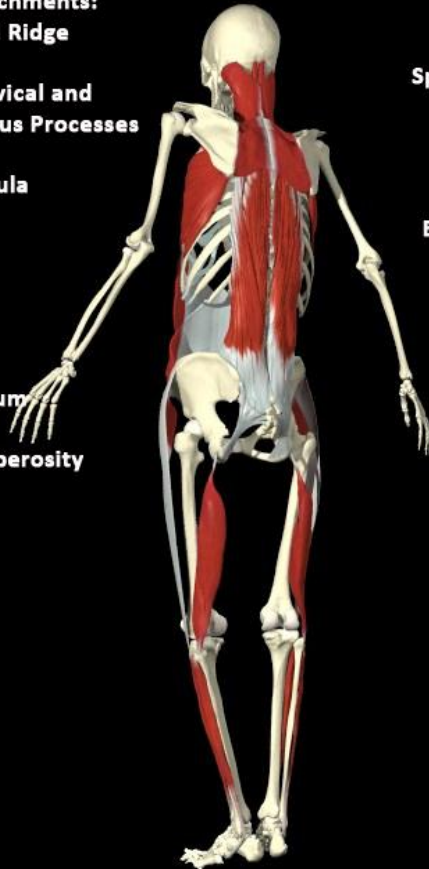
Sacrum

Ischial Tuberosity

Splenius Capitus

Rhomboids

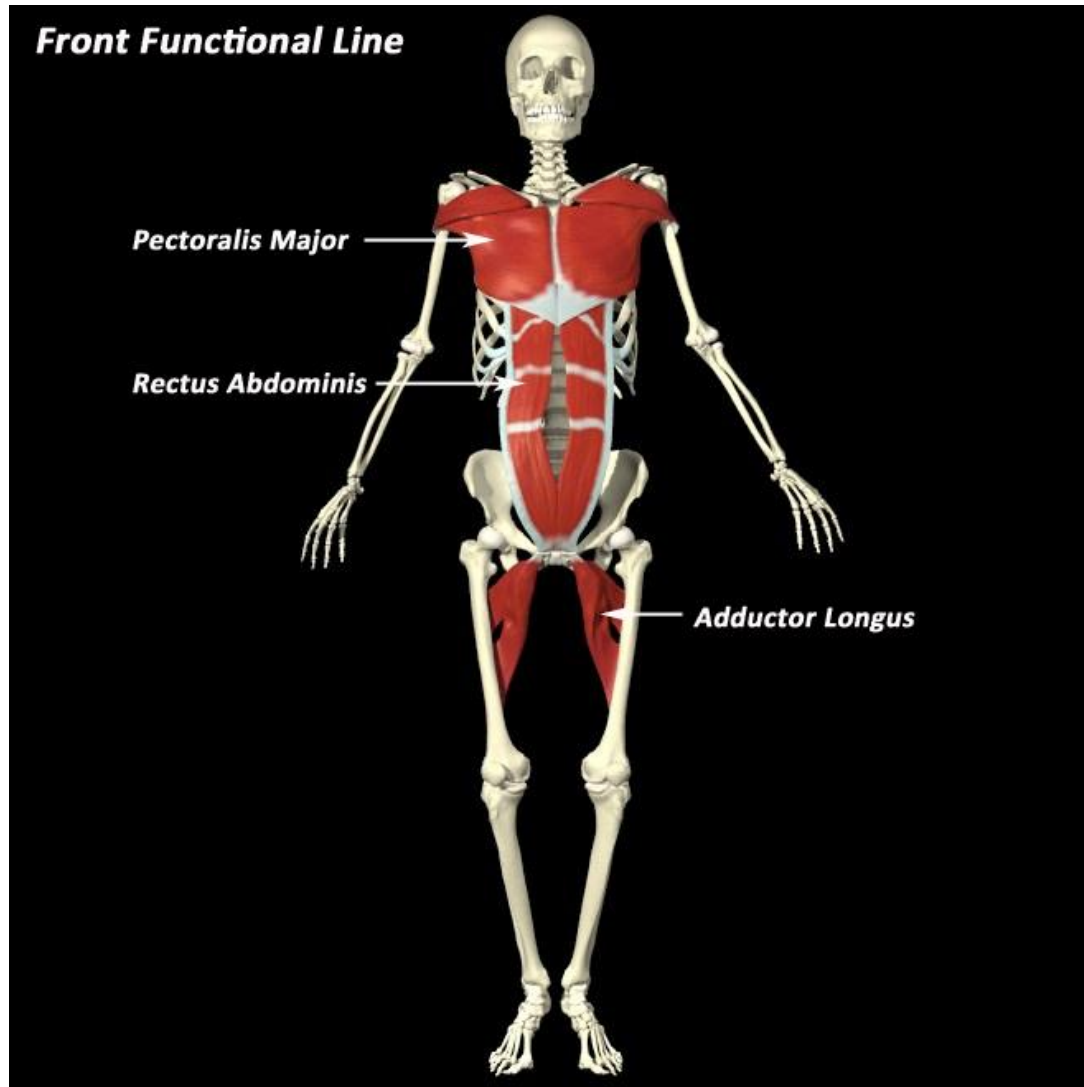
Erector Spinae



The Spiral Line forms distinct spirals of deep myofascial connections looping around the legs and torso.



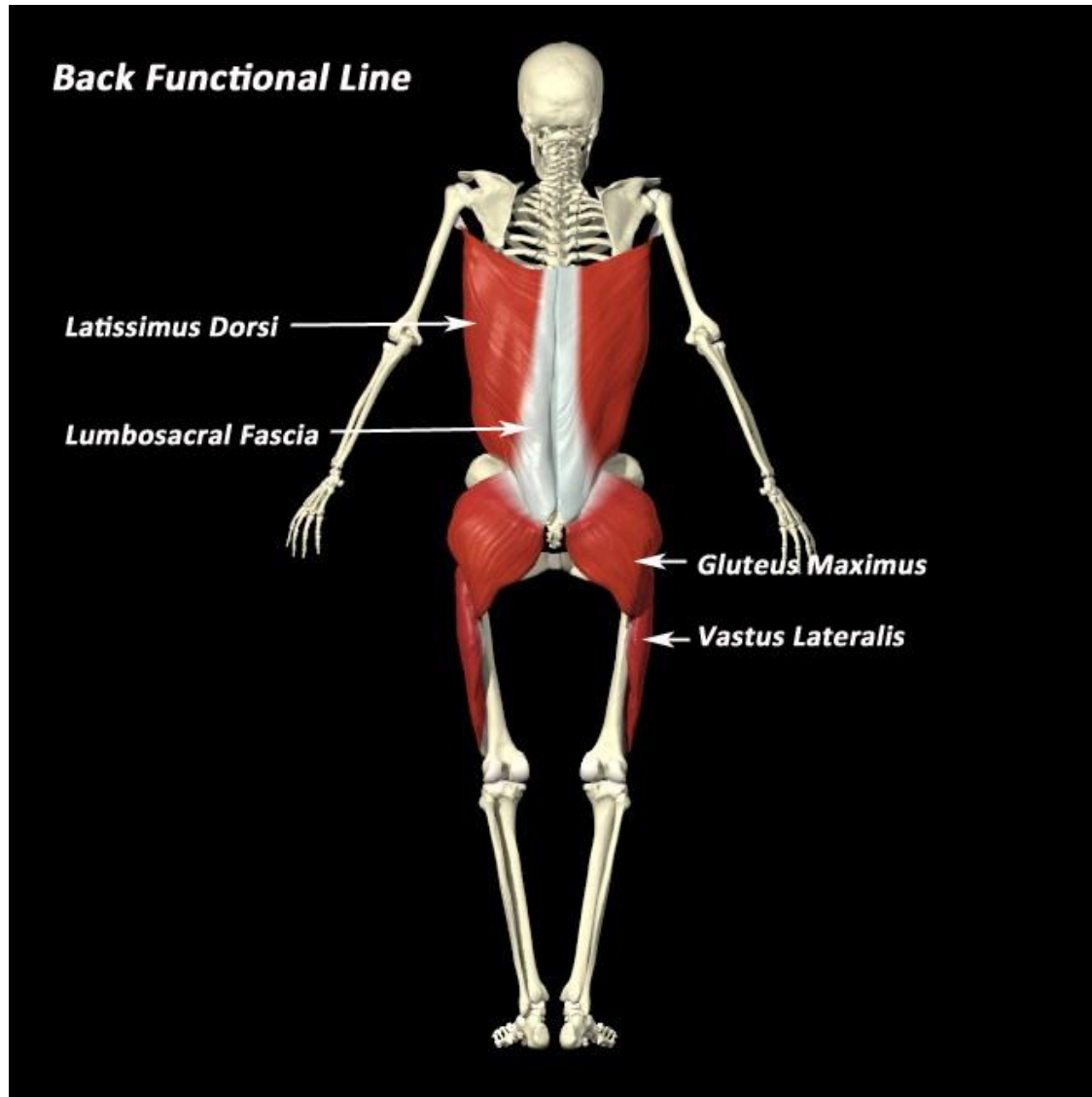
FRONT FUNCTIONAL LINE



Connecting
opposite arms
with legs



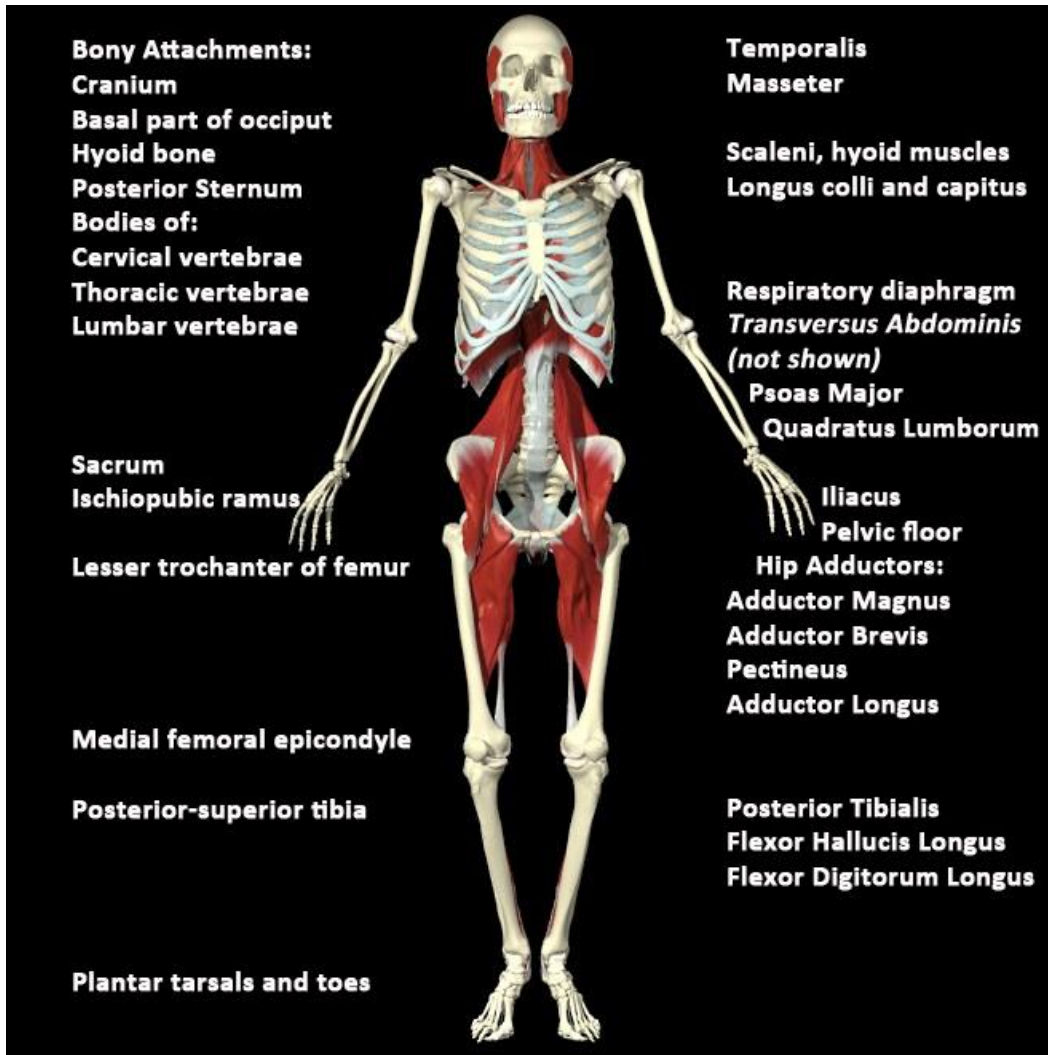
BACK FUNCTIONAL LINE



Connecting
opposite arms
with legs



DEEP FRONT LINE



The Deep Front Line makes up our myofascial "axial core."

This means that out of all the myofascial meridians, it is the deepest and has the function of maintaining our core alignment and core stability.





FRONTAL PLANE – LATERAL LINE – FRONT FUNCTIONAL LINE

- Test Forward bend
- Mountain Pose
- Warrior 2
- Extended Side angle
- Triangle
- Half Moon
- Extended Side angle arm bind
- Warrior 2
- Mountain Pose



FRONTAL PLANE/TRANSVERSE/SAGITTAL – LATERAL LINE – FRONT FUNCTIONAL LINE – SPIRAL LINE

- Extended Mountain pose
- Warrior Two
- Reverse Warrior Two
- Extended Side angle
- Lunge
- Lunge with rotation
- Lunge
- Extended Side angle
- Warrior 2
- Mountain
- Half Eagle Pose
- Mountain



FRONTAL PLANE/TRANSVERSE/SAGITTAL – LATERAL LINE – FRONT FUNCTIONAL LINE – SPIRAL LINE

- Extended Mountain into back extension
- Chair Pose
- Wide Leg Forward Bend
- Wide Leg Chair
- Warrior 1 – short stance
- Warrior 1 – arm variations
- Warrior 3 Balance
- Deep Lunge
- Standing Splits
- Deep Lunge
- Warrior 2
- Mountain



INTRODUCING SAGITTAL PLANE

- Mountain
- Wide Chair
- Warrior 1
- Warrior 3
- Lunge
- High Push Up
- Floor
- Cobra
- High Push Up – Options for Dog Pose arise here
- Lunge
- Warrior 2
- Mountain



WHERE TO NEXT?

- Keep moving gradually through the planes leaving the traditional forward bend and up dog till end of flow (if at all)
- Teach high push up into low push up without ANY extension of spine
- Remember that a tight muscle is weak!
- Remember that an overly long muscle is weak!
- Educate your classes about anatomy any way you can

