



# FitQuest

A PERSONAL JOURNEY

**second edition**

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## 1. Well-being and You:

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- Do You Make Time to Exercise?
- What is Your Confidence Level?
- How Motivated Are You to Exercise?
- Your Profile and Key Well-being Concepts

### IDENTIFY YOUR DIMENSIONS OF WELL-BEING

- Well-being Requires Intentional Action
- Well-being Requires Time
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*Layup Shot*

*Hook Shot*

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*Stance*

*Role of Defensive Players*

*Player-to-Player and Zone*

*Defenses*

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THE NATURE AND SPIRIT OF THE GAME		VOLLEYBALL COURT AND EQUIPMENT	
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<i>Goal Kick</i>		Spiking	
<i>Throw-In</i>		Tipping	
<i>Indirect Free Kick</i>		Serving	
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OFFENSIVE AND DEFENSIVE PRINCIPLES		Defense	

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*The Rotation Defense*

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**21. Disc Sports 504**

**HISTORY**

Disc Golf

Ultimate

**SOCIAL VALUES**

**FUNDAMENTAL SKILLS AND TECHNIQUES**

**Disc Throwing Grips**

*Backhand Throw*  
*Forehand or Sidearm Throw*  
*Overhand Throw*

**Body Positioning and Stance**

**Disc Flight Patterns**

*Skip or Bounce Throw*  
*Level Flight Throw*  
*Roll Curve Throw*  
*The Floater*  
*Using the Hyzer to Avoid Turning*  
*Over the Disc*

**Catching Skills**

*The Catch*  
*Trap Catch*

*Positioning for a Catch*  
*The Cross-Body Backhand*  
*Forehand Throw*  
*The Overhand Throw (The Hammer)*

**Throwing Around Obstacles**

**PLAYING ULTIMATE DISC**

Ultimate Offense

Ultimate Defense

Ultimate Disc Field and Equipment

**BASIC ULTIMATE RULES**

Starting and Restarting Play

Offense

Defense

Fouls and Violations

**PLAYING DISC GOLF**

Field/Equipment

Rules of Play

*Order of Play*  
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*Playing Hazards and*  
*Out-of-Bounds*  
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**GLOSSARY**

**SUGGESTED READINGS**

**WEBSITES**

# FitQuest Self-Assessments and Labs

These online labs and self-assessments are available as online interactive activities. PDF and print versions are also available.

## INTRODUCTION TO YOURSELF

- Par-Q: Readiness for Exercise
- Multi-Dimensional Wellness Inventory
- Learning Knowledge and Abilities Survey
- Expected Involvement Survey

## BEHAVIOR CHANGE AND GOAL SETTING

- Identify Your Barriers, Motives, and Motivators
- Set Your SMART Goal for Exercise

## CARDIORESPIRATORY FITNESS

- .5 Mile Run Fitness Test
- Rockport Walk Fitness Test
- YMCA 3-Minute Step Test
- Find Your Target Heart Ranges
- Create an Individualized Fitness Roadmap

## MUSCULAR HEALTH

- Resistance to Exercise: Where are You Now
- Body Weight Calculator
- Strength Assessment



- Push Up Test
- Curl Up Test
- Vertical Jump Test

## FLEXIBILITY

- Sit and Reach Test
- Trunk Extension Test
- Shoulder Elevation Test

## NUTRITION

- Wellness Activity and Diet Tracker
- *BearTracks* Mobile App

## BODY COMPOSITION

- Impact of Healthy Body Composition
- Body Mass Index
- Body Weight Calculator
- Calorie Calculator



# Yoga

## FIND YOUR CENTER

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AFTER COMPLETING THIS CHAPTER, THE READER SHOULD BE ABLE TO:

- Describe the basic philosophy and health benefits of yoga
- Explain basic yoga postures and perform a general vinyasa in the sun salutation
- Demonstrate all sun salutation postures
- Explain the etiquette of yoga

The term “yoga” literally means “yoking” or “union” in the sense of bringing together a harmonious relationship with the physical and spiritual aspects of self. The practice of yoga dates back more than 5,000 years and has gone through several resurgences around the globe in the last century. What was once seen as a practice by the fringe elements of society has now been fully embraced by mainstream America. In fact, yoga studios are now commonplace in most American cities. Yoga is not a religion, but rather a philosophy that encompasses many lineages and schools of thought. Most Americans practice hatha yoga, a branch of yoga that focuses on physical postures and breathing practices.

## VALUES OF YOGA

Teaching yoga to children and youth has many advantages. Traditionally, people think of yoga as only improving flexibility; however, it also helps you to develop strength and stamina and it enhances concentration and awareness. For example, the focused breathing used in yoga can actually help participants facilitate the performance of spatial cognitive tasks. Kinesthetic awareness can also be greatly improved, as yoga helps to fine-tune motor coordination and can help individuals gain control over their developing bodies. Yoga is an activity that can be pursued throughout life as it can be easily modified to accommodate differing abilities. It may also seem that yoga is simply “stretching,” but the variety and sequencing of postures coupled with the practice of deep breathing creates an extremely diverse and effective method of enhancing a range of health-related fitness skills.

## YOGA EQUIPMENT

You can practice yoga almost anywhere and you do not need equipment to do it. However, you can enhance your yoga experience with the following:

- **Yoga mats:** Mats provide individual space for each participant and allow the instructor to arrange the class for maximal visibility and safety. They also provide a nonslip, padded surface on which to practice postures (see Figure 16.1).
- **Yoga blocks, bands, bolsters:** These can be used to help participants who lack the flexibility or strength to safely achieve and/or hold a posture.

Videos, like those included in this course, can help you practice yoga poses and learn new ones.



**Figure 16.1:** A yoga mat will give you a good, non-slip surface on which to practice yoga poses.

## BASIC PRINCIPLES OF YOGA

A typical yoga class will follow a traditional teaching format. A general warm-up will precede the body of the lesson, which is composed of skill practice, refinement, and

application. A general cool-down will conclude each yoga session. The following section describes principles and strategies regarding the warm-up, the body of the lesson, and the cool-down.

## The Warm-Up of the Yoga Lesson

Start your yoga practice with a few minutes of deep breathing. Use this time to center and calm yourself before beginning the physical practice of yoga. The yoga warm-up allows you to cleanse your mind and release daily worries. Yoga is a great way to alleviate stress.

## The Body of the Yoga Lesson

There are literally thousands of yoga asanas, or poses. A sequence that many beginners start with is a variation called the sun salutation. Depending on the yoga tradition that is followed, the sun salutation sequence offers many different variations. All essentially follow a similar pattern of movement.

The sun salutation series, or vinyasa, is thought to have a complete and total effect on the entire body, which is why it is such a popular sequence. Once the individual poses that make up the sun salutation series have been mastered, the series may be executed continuously in a flowing movement. A complete sun salutation series is shown in Video 16.1.

The sun salutation (see Figure 16.2) is a series of poses practiced in a specific order. Two times through the order is considered one round. A complete cycle of the sun salutation is comprised of two rounds. The order of the sun salutation is as follows:

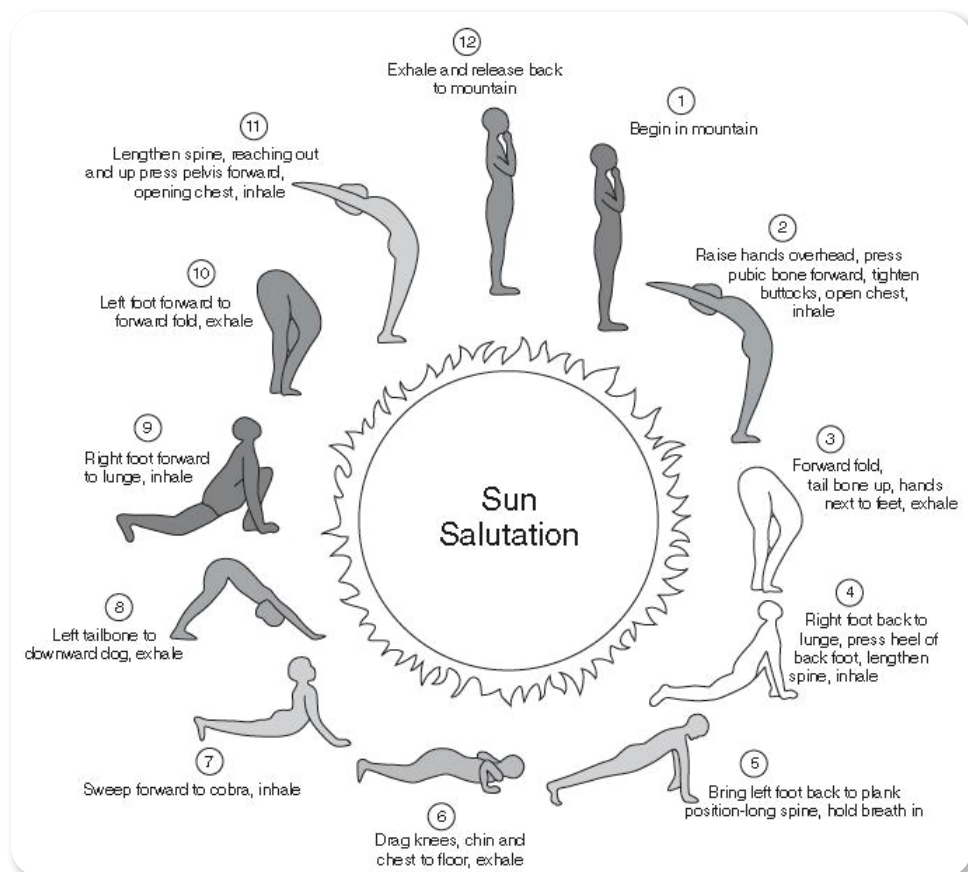
- Standing mountain pose
- Standing back bend pose
- Standing forward bend pose
- High lunge pose
- Plank pose
- Grasshopper pose
- Cobra pose
- Downward facing dog pose
- High lunge pose
- Standing forward bend pose
- Standing back bend pose
- Standing mountain pose



**Video 16.1:** Sun salutation series

## The Cool-Down of the Yoga Lesson

Most classes will end with a few minutes of deep breathing and relaxation. Classes may practice the focused breathing activity, such as deep belly breathing, that is used to



**Figure 16.2:** The poses of the sun salutation

begin class. Another typical cool-down to elicit a relaxation response is to allow participants to assume the shavasana, or corpse pose. Encourage participants to relax completely prior to ending the lesson.



**Figure 16.3:** General breathing

## BASIC YOGA TECHNIQUES

In this next section, you learn some basic yoga techniques. The text provides some basic instructions, but videos will also help demonstrate how various yoga poses are done.

### Warm-Up Activities

General breathing techniques are typically practiced to begin a yoga lesson. To begin practicing breathing techniques, it is often easiest to lie in a supine position on the floor and rest the hands on the belly (see Figure 16.3). As one inhales through the nose, the belly will begin to slowly

rise up, somewhat like filling a balloon. As the individual exhales through the nose, the belly will slowly deflate. Practice this several times. Be mindful not to hyperventilate, as the purpose is to develop slow, even, and moderately deep breaths. As you advance, slow your breathing down even more by utilizing a count. Count breathing and the three-part breath are appropriate warm-up activities to prepare for the sun salutation.

### *Count Breathing*

“Inhale on 1-2-3—hold for 1—and exhale for 1-2-3.” Beginners can usually manage counts of 3 to 6 seconds. This deep belly breathing stimulates the sympathetic branch of the autonomic nervous system and has a calming effect on the mind and body. You can and should strive to maintain this breathing pattern throughout the body of the yoga lesson. To assist in this, instructors will usually cue both the pose and the breathing for each posture.

### *Three-Part Breath*

This is another breathing technique commonly used to help you become familiar with how the body responds during respiration. The three-part breath should only be used as a warm-up activity, while count breathing may be used throughout the body of the lesson, or yoga asana practice. To practice the three-part breath:

- Place your hands on your belly.
- Breathe in and expand your belly for three counts.
- Exhale and let your belly relax for three counts (Part 1).
- Move your hands to your ribs.
- Continue to inflate and deflate the belly, but now add the ribs to the movement (Part 2).
- Try to get the air to the very top of your lungs, right underneath your collarbones (Part 3).
- Keep breathing slowly through your nose throughout each breath. Do not force your breath; try to breathe as fully and naturally as you can.
- If you feel dizzy, stop and return to your normal breathing pattern.
- Pour the breath out as if you were pouring out a glass of water from the clavicles to the belly button. The last air in is the first air out, just like the water would flow.

## The Middle of the Lesson—Poses of the Sun Salutation

It is important to remember that everyone is built and put together a little differently. This becomes apparent when the practice of yoga postures begins. There is no one “perfect” posture for a pose and your body will reveal the movement a little differently. In a yoga class, your poses do not have to be identical to the poses of your fellow participants. You are not competing with them, but instead you are joining with them to cultivate an enjoyable, peaceful experience. In the following section, each pose of the sun salutation includes written instructional cues as well as a video that you can stop and start. Note that the poses are numbered and follow the appropriate order for completing a cycle within the sun salutation series.

### *1. Stand in Mountain Pose*

Mountain pose is the position from which most standing poses start. If done correctly, this pose may feel like work; however, it should not feel like a rigid “soldier” posture.

You should feel solid and “grounded like a mountain” in the pose (see Video 16.2). To stand in mountain pose:

- Stand at the front of your mat.
- Your feet should be shoulder-width apart. Balance on the four corners of your feet and spread your toes.
- All ten toes should be pointing forward with the outside edges of the feet parallel to the outside edges of the mat.
- Your tailbone reaches downward, while your spine and head reach upward.
- Keep your arms at your sides with fingers reaching down.
- Thigh muscles are pulling upward and in toward the femur bones.
- Practice count breathing in this posture for several breaths. Eyes can be closed or open.



**Video 16.2:** Standing mountain pose

## *2. Standing Backbend Pose*

This posture is designed to open the upper torso. The legs are grounded while the upper torso is free to move like tall bamboo bending in the wind. In this pose, it is helpful to think about expanding the chest, rather than arching the back (see Video 16.3).

To do the standing backbend pose:

- Inhale and extend the arms out to the sides and slowly reach them overhead. (You may choose to place your fully extended arms with the hands together overhead or leave them shoulder-width apart.) Look up at your thumbs and reach your arms toward the sky.
- Exhale, lift, and open the chest. Slowly begin to let the head and eyes look up and begin to travel backward across the ceiling. Try to avoid just dropping the head back; rather, strive to keep the back long throughout the arch.
- Lift up and out of the pelvis and elongate the spine. Engaging the gluteus muscles can help to protect the spine.



**Video 16.3:** Standing backbend pose

- Inhale and come back to the extended standing position.
- Variation: Some might find it comfortable and stable to place the palms of their hands on their lower back during this posture.

### 3. *Standing Forward Bend Pose*

The purpose of this pose is to allow your legs to be fully engaged and connected to the earth, feeling a stretch in the hamstrings. The energy of the earth is allowed to travel up the legs as the upper torso and head relax (see Video 16.4).

To do the standing forward bend pose:

- Exhale and allow yourself to fold forward at the hips.
- Feet stay grounded and pushing into the earth. Hips lift. Knees can be slightly bent to allow chest to drape on the upper thighs, which is the safest position for the low back.
- The head hangs like a ripe piece of fruit from a tree branch. Arms are also hanging next to the legs or the fingertips may be gently resting on the thighs, shins, or the floor for the very flexible participants.
- Variations: Arms can be out to the side (like a swan dive) or straight down the center of the body.

### 4. *High Lunge Pose*

This is an excellent hip opener and is often referred to as the runner's stretch. To achieve full extension of the hip in this posture, the instructor should encourage a large backward step, approximately 3 feet in distance (see Video 16.5). To do the high lunge pose:

- Inhale and step with the right foot, reaching with the heels, toward the back of the mat. Left leg stays at 90 degrees to the floor.
- Fingertips or palms rest on the floor.
- Right hip gently presses toward the ground, while the right leg fully extends.





**Video 16.4:** Standing forward bend pose



**Video 16.5:** High lunge pose

- Back should be flat and long, while the head can be either up or down.
- Front knee presses forward, while the back heel presses backward.
- The tailbone reaches toward the feet, while the top of the head stretches forward.

### *5. Plank Pose*

This posture will look like the top of a standard push-up. The plank pose encourages a union between the upper and lower body. The pose takes a lot of arm strength, so it is appropriate for beginners to go to their knees (see Video 16.6). To do the plank pose:

- Step the left foot back in line with the right foot. Your body is now in a “push-up” position.



**Video 16.6:** Plank pose

- Try to keep yourself straight like a board. Use your abdominal muscles to assist you.
- Pull the bellybutton upward as you extend through the heels of the feet.

### 6. *Grasshopper Pose*

This pose visually resembles a grasshopper and is often called the 8-point pose, as the participant has two feet, two knees, two hands, one chest, and one chin in contact with the floor (see Video 16.7). To do the grasshopper pose:

- Slowly lower yourself to the ground, touching only your knees, chest, chin, hands, and toes. When you get to the ground, your body will look like a grasshopper.
- The hips stay 2 to 6 inches (5–15 cm) off the floor.
- The pose is typically not held more than 1 to 2 seconds before you release to a prone position.



**Video 16.7:** Grasshopper pose

### 7. Cobra Pose

This posture builds lower back strength and upper back flexibility (see Video 16.8). To do the cobra pose:

- Lie flat on the ground and lift your chest and torso slightly off the floor as if a group of ants was walking right under your nose and shoulders.
- Look at the ants under your nose, and when the last one has passed, lower yourself back down to the ground.
- Do not use your hands or arms to lift. Keep your elbows in tight to the sides.
- Think about expanding the chest and lengthening the spine instead of arching the back.



**Video 16.8:** Cobra pose

### 8. Downward-Facing Dog Pose

This is one of the best stretches in all of yoga for the back side of the body. Do not place too much weight on your hands and keep your legs apart (see Video 16.9). When you are in the downward facing dog pose:

- Tuck your toes under and lift your buttocks as high as you can in the air. Your body will form an upside down letter V.
- Imagine pushing your hands forward as if you had them on a rolling pin that was in wet cement.
- Keep your legs straight and try to push your heels to the ground. It is all right if they do not touch the floor.

### Complete the Poses of the Sun Salutation

At this point, you will complete the Sun Salutation by repeating these poses:

- High Lunge Pose (Video 16.5)
- Standing Forward Bend Pose (Video 16.4)



**Video 16.9:** Downward-facing dog pose

- Standing Backbend Pose (Video 16.3)
- Stand in Mountain Pose Video 16.2)

You are now back at the beginning posture of the sun salutation.

As previously mentioned, two times through this series of poses is considered to be one round in this version of the sun salutation. At this point, one-half of the cycle has been completed. When the second half of the cycle begins, the only variation is that the left leg goes into the high lunge pose first. If that is difficult to remember or cue, continue to allow the right leg to be the first high lunge. It is often helpful to visualize the postures of the sun salutation in a circular, rather than linear, format.

## Cool-Down Activities

After you have completed the poses of the sun salutation, do the following to cool-down.

### *Corpse Pose (Shavasana)*

It is believed that finishing a practice in this posture allows the nervous system and the rest of the body to integrate the movements practiced. Many argue that the time spent in resting corpse pose at the end of the practice is the most important of all (see Video 16.10). To cool-down:

- Begin by resting on the floor on your back with palms facing upward about 6 inches (15 cm) from your sides. Eyes should be gently closed.
- Allow the body to relax and melt into the floor.
- Perform body scan. Talk yourself through your body and relax each body part. For example, relax your left hand (pause for 5 to 10 seconds), relax your left arm and shoulder (pause for 5 to 10 seconds), relax your right hand (pause for 5 to 10 seconds), relax your right hand and shoulder, and so on.
- Exit the pose by first rolling gently onto one side, exhaling as you do so. Take two or three breaths. With another exhalation, press your hands against the floor and lift your torso, dragging your head slowly after.



**Video 16.10:** Corpse pose

- The head should always come up last.
- Participants return to a comfortable sitting position and rest for a few moments to normalize circulation.

## ADDITIONAL YOGA TECHNIQUES

The sun salutation provides you with a common ground to begin the practice of yoga. Once you are comfortable practicing the sun salutation poses, you can challenge yourself by incorporating additional postures and sequences. There are literally thousands of yoga asanas, so you will probably never know all of them.

The following section contains additional asanas that could be included in a yoga class. These are common poses that may be easily incorporated within a session. It is important to be consistent and to practice the postures in a safe and appropriate manner. Unless otherwise noted, the following postures are typically not held for longer than 15–30 seconds for beginners. Count breathing should continue to be practiced.

### Additional Beginning Asana

The poses in this section are good if you are beginning to learn yoga.

#### *Child's Pose*

This is a resting pose in which you remain from 30 seconds to a few minutes. This pose should be very comfortable (see Video 16.11). Do not worry if you cannot get your buttocks on your heels. This is a great pose to practice your breathing and relaxing. To do the child's pose:

- Rest your forehead on the ground and focus on your breath.
- Allow the hips to relax and the belly to expand as it rests between the legs.
- Arms may rest by the sides or in front of the head on the mat.



**Video 16.11:** Child's pose

### *Easy Seated Pose*

In this pose, you sit cross-legged, with your shins aligned parallel to each other (see Video 16.12). To do the easy seated pose:

- You can sit in this position for any length of time, but if you practice this pose regularly, be sure to alternate the cross of the legs.
- Sit tall and lengthen your spine while rooting your pelvis to the ground.
- Breathe deeply and focus on the point between the eyebrows.



**Video 16.12:** Easy seated pose

### Warrior I Pose

This is a standing lunge pose with arms held overhead. A slightly narrow stance and resting one hand on the sacrum can reduce the difficulty of this pose. Although it looks simple, this can be a very challenging asana (see Video 16.13). This pose builds leg strength and stamina. Instructional cues:

- Ensure that the rear foot is planted on the floor.
- Lift and expand the chest while sinking down into the hips.
- Allow the back to form a natural arch as the eyes look straight ahead or to the sky.



**Video 16.13:** Warrior I pose

### Warrior II Pose

This is a standing lunge pose with the arms extended horizontally over the legs. Torso and front of the pelvis align. Head turns and eyes look out over the front fingers (see Video 16.14). Instructional cues:

- Most beginners do not step wide enough and often allow their torso to be “pulled forward” in this pose instead of keeping the armpits directly above the hips.
- Elongate your spine and neck and stretch out your arms.
- This pose is sometimes called the star pose because of the energy flow it creates. Try to feel the energy flowing up through your legs and out through your fingers and head.

### Triangle Pose

This pose incorporates flexion, extension, and rotation all at once. Stay in the posture for more than 15 seconds and you will feel how it works the entire body, building strength and flexibility at the same time (see Video 16.15). To do the triangle pose:

- The most common error that beginners make is to reach for their feet and twist their torso instead of “tipping” their torso in the same plane.



**Video 16.14:** Warrior II pose



**Video 16.15:** Triangle pose

- The upper torso reaches forward and the hips shift backwards slightly as you enter this pose, almost as if your fingers were being pulled in one direction and your hips in another.
- Once you have reached as far forward as you can, simply tip yourself toward the floor or shin.
- The essence of this pose is lengthening the spine and staying in one plane, not touching the floor.
- If it bothers your neck to look upward, you can look straight ahead or at the floor.
- Pull energy up from the floor and firm up your legs.
- Try to turn from your torso and not from your shoulders.



### Stick Pose (*Chaturanga*)

Typically, you get into this posture from the plank pose. This pose is a more difficult version of the grasshopper pose in the sun salutation. It is used frequently in other versions of sun salutation. Although it does require strength, perhaps the most important thing in this pose is having the intention and courage to do it (see Video 16.16). To do the stick pose:

- Start in the plank pose and then lower 1 to 2 inches (2.5 to 5 cm).
- Your eyes can look down or straight ahead.
- Elbows should touch your ribs as you lower down.
- Try to keep your entire body straight as you lower.
- Even if you just lower down by 1 inch (2.5 cm), that's a good start. The more you practice, the stronger you will get.
- If you need to, you can go to your knees and perform the grasshopper pose.



**Video 16.16:** Stick (*Chaturanga*) pose

### Chair Pose

This pose is a great example of yin and yang, or opposite energies. While the arms, upper torso, and face reach up, the hips and lower body settle and sink down (see Video 16.17). To do the chair pose:

- As the feet and knees are a comfortable shoulder-width apart, reach the arms forward and fully extend the spine.
- Look up to the hands or straight ahead.
- Reach the tailbone back.
- Allow the upper body to be buoyant while it is anchored by the strength of the lower body grounding you to the earth.
- Breathe.



**Video 16.17:** Chair pose

### *Upward-Facing Dog Pose*

This is one of the best chest openers in yoga and also a good pose with which to begin to build upper-body strength (see Video 16.18). To do the upward-facing dog pose:

- At the end of this pose, only the hands and tops of the feet remain on the floor. In many vinyasa sequences, this pose is done between the chaturanga and downward facing dog pose.
- In this pose, there is often a tendency to “hang” on the shoulders, which lifts them up toward the ears and scrunches the neck. To avoid this, slide your shoulders away from your ears and pull your shoulder blades toward your tailbone.
- Refrain from arching the back; rather, concentrate on lengthening through the front of the body.

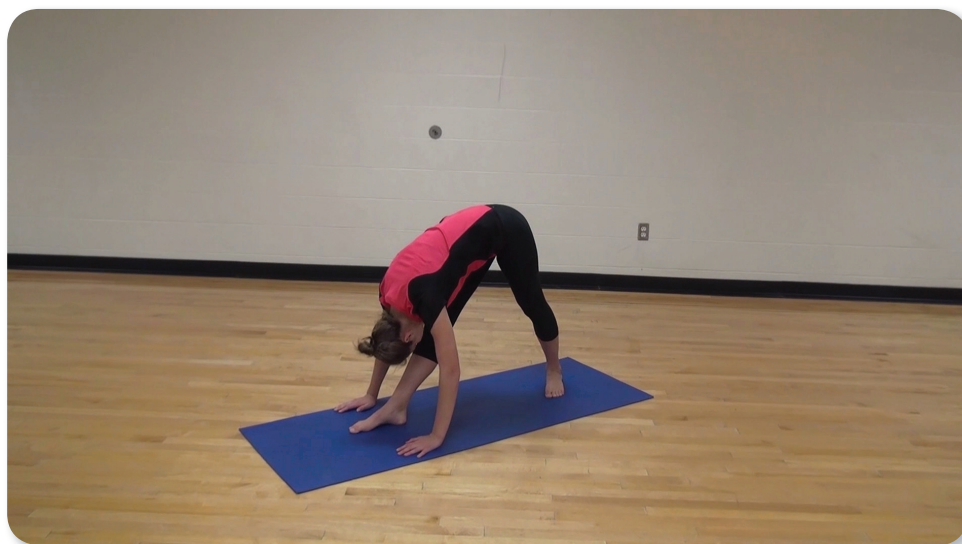


**Video 16.18:** Upward-facing dog pose.

### Pyramid Pose

This pose creates an intense hamstring stretch and can be felt along the anterior portion of the shins. The straighter the back is kept as you bend forward, the more the hamstring is engaged (see Video 16.19). To do the pyramid pose:

- The feet are slightly closer together than they are in the warrior II pose.
- If it isn't possible for you to touch the floor in this pose, you can support your hands on a pair of blocks or the seat of a folding chair.
- Cast your spine forward as you bend. Keep the length throughout the spine and avoid rounding. If your hands do not touch the floor, simply rest them on your shins.
- Square your shoulders to the mat.



**Video 16.19:** Pyramid pose

### Seated Forward Bend Pose

This is a nice hamstring stretch that can be intensified by striving to keep the torso and back long as you reach forward (see Video 16.20). To do the seated forward bend pose:

- This pose is not about getting your nose to your knees; rather, imagine that your nose will touch your toes.
- Let your hips be grounded to the floor. Now extend and lengthen your spine from your hips. Each time you inhale, visualize yourself extending further toward your toes. Each time you exhale, relax and settle into the ground a little more deeply.
- Grab your big toes with your first two fingers if you can. If not, use a band. Keep your spine flat and your eyes on your big toes. Imagine that with each breath you are able to get your nose a little closer to your toes.
- In this posture, the hips actually are tilting backward to allow the back to remain flat while extending forward. You should not allow the pelvis to tilt forward, nor should the spine appear to round as you bend forward.



**Video 16.20:** Seated forward bend pose

### *Tree Pose*

This is one of the simplest balance poses (see Video 16.21). To do the tree pose:

- Begin in mountain pose, with your feet together and your hands at your sides
- Use a dristi, which is an eye focusing point. Focus on a point either on the wall or floor. (Using a dristi is something that you should do in all balancing poses.)
- Shift your weight to your right foot and bend your left knee. With your left hand, reach down and grasp your left ankle. Lift your left foot up and place the sole of your foot against the inside of your right thigh. The purpose of the posture is to increase concentration; therefore it does not matter if the foot is all the way on the upper thigh or not as long as the participant is balancing on one foot.



**Video 16.21:** Tree pose

- Press the standing foot firmly into the floor. Find your focus point. Extend your spine and neck from the hips.
- Work your way up to balancing for 1 minute. Notice how active the ankles are in the posture. Don't worry if you fall out of the pose. Just gather yourself back and try again.
- Breathe.

## YOGA ETIQUETTE

As is the case in any physical activity, etiquette issues encourage proper and safe participation. Safety of you and your fellow students is paramount. In a yoga class, the safety of the teaching and learning environment is a shared responsibility between instructor and participant. Class rules and expectations should be discussed, posted, and practiced. When safety rules are violated, there is a potential for injury to both instructor and participant. Etiquette issues include:

**Participate quietly.** It is important to be silent throughout yoga practice time. You should feel free to ask your instructor questions, but please refrain from unnecessary chatter. Focus on the sound of your breathing; a quiet environment will help you do that successfully.

**Arrive and leave on time.** Because yoga sessions typically begin and end with quiet time, it is important that you arrive to class on time and to not leave early, which may cause a disruption.

**Dress appropriately.** Dressing inappropriately for yoga class may result in injury or exposure. To safely practice yoga, you must be able to move freely and without restriction. You should dress in clothing that allows for full physical participation without hindering movement or creating potential safety hazards. Appropriate dress would include comfortable shorts, shirts, or sweat suits. You should also practice without shoes in bare feet, as stocking feet can slide on the floor, creating potentially unsafe situations.

**Respect others' personal space.** The yoga mat is considered one's personal space. Please refrain from walking on others' mats when you move around the classroom. Walking on someone else's mat with bare feet is also a hygiene issue.

**Share responsibility.** To enjoy yoga fully, practice yoga poses that are appropriate for your current fitness ability and any existing health conditions. There is no need to compete with others in class.

**Keep equipment clean.** It is important that yoga mats, blocks, or any other equipment be sanitized on occasion to ensure a hygienic environment.

## GLOSSARY

**Asana:** Yoga position or yoga pose, also called *yogasana*.

**Dristi:** A soft gaze, focus, or awareness to keep you attentive to what your body is doing in relation to your breath and mind.

**Hatha:** Sun and moon, or active and receptive life forces.

**Hatha yoga:** The branch of yoga devoted to the practice of asana for health and physical discipline.

**Namaste:** A common greeting simply meaning, “I bow to you.” Often used at the beginning and end of classes with hands in a palms-together position over chest.

**Sun salutation:** A flowing series of 12 asana.

**Vinyasa:** A series of postures or poses.

**Yoga:** A “yoking” or “union” in the sense of bringing together a harmonious relationship with the physical and spiritual aspects of self.

## SUGGESTED READINGS

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## WEBSITES

### Yoga Alliance

[www.yogaalliance.org](http://www.yogaalliance.org)

### Yoga Asana

[www.santosha.com/asanas](http://www.santosha.com/asanas)

**Yoga Basics**

[www.yogabasics.com](http://www.yogabasics.com)

**Yoga Directory**

[www.yogadirectory.com](http://www.yogadirectory.com)

**Yoga Journal**

[www.yogajournal.com](http://www.yogajournal.com)

**Yoga Postures**

[www.yogasite.com/postures.html](http://www.yogasite.com/postures.html)

**Yoga Research**

[www.yrec.org](http://www.yrec.org)

**Yoga Routines**

[www.yogamazing.com](http://www.yogamazing.com)