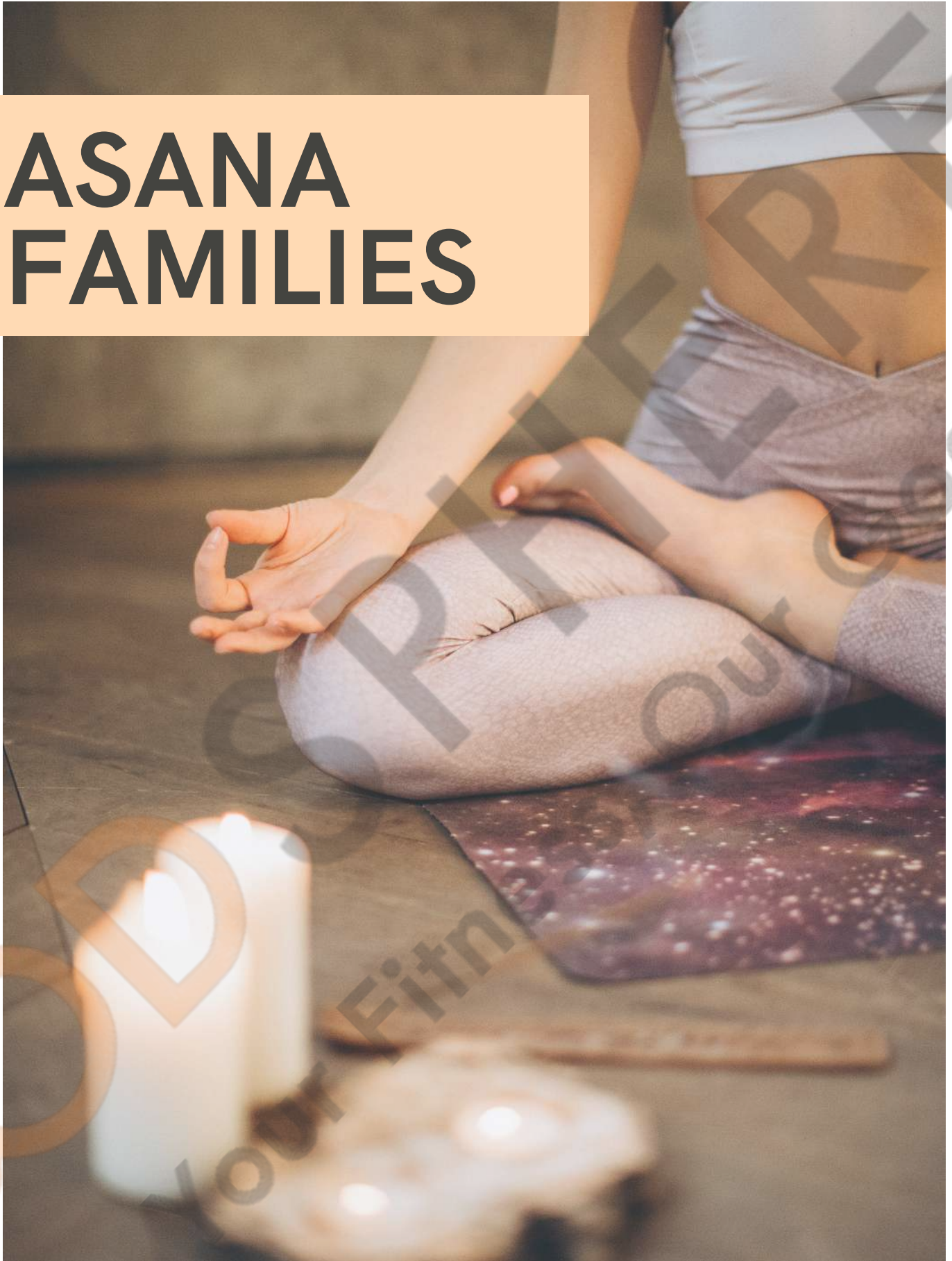




ASANA FAMILIES



BASIC DISTINGUISHING ELEMENTS

01 STANDING

All asanas in which the weight of the body is placed primarily in one or both feet.

02 CORE AWAKENING

All asanas that are primarily focused on the activation of muscles in the abdominal core.

03 ARM SUPPORT

All asanas in which the weight of the body is placed primarily on one or both hands or forearms.

04 HIP OPENERS

All non-standing positions in which there is stretching of muscles attached to the pelvis.

05 BACKBENDS

All asanas in which the spine is extended beyond anatomical position.

06 TWIST

All non-standing positions in which the primary position is rotation of the spine.

07 FORWARD BENDS

All asanas in which the weight of the body is placed primarily in one or both feet.

08 INVERSION

All asanas in which the body is inverted

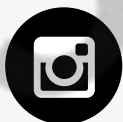
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