



EXERCISE 5

ARCHETYPAL POSES

SPINAL TWIST ARCHETYPE



COMPLETE THE CHART BELOW

To complete the information, you can use the Course Manual and material as reference, but the main goal of the exercise is for you to observe, analyze, practice, and feel the pose, in order to understand the posture and deduct the information about it

TARGET AREAS

TYPE OF POSTURE

(According to Asana Family)

JOINT MOVEMENTS

WHERE NOT TO FEEL IT

VARIATIONS OF THE POSE

HOW TO USE THE PROPS IN THIS POSE

BENEFITS

CONTRAINDICATIONS

MERIDIANS STIMULATED

CHAKRAS ACTIVATED

**POSSIBLE SEQUENCES TO
USE THIS POSE IN**

(Make a list of possible topics, themes,
etc, where you will include this pose)

**POSSIBLE YIN POSTURES THAT
"FLOW" INTO THIS POSE**

**POSSIBLE YIN POSTURES TO
MOVE INTO FROM THIS POSE**

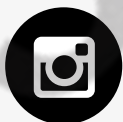
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