



# Forces Gross & Subtle

## **Forces Be With You Assignment - 12 Hours**

Physical movement shows an external display of Yoga, yet Yoga is not limited to this external movement. Asana practice strengthens bones and muscles, internal organs, and affects the mind and temperament. Coordination, cooperation and collaboration are needed with every flow of hand, eye, body, foot and senses.

Please write a short summary (400-600 words) of tips and techniques you learned about Gross and Subtle Body.

Use examples of what we learned, and how you have incorporated into your teaching.

Give examples of themes, verbiage and focus of classes you have, or are now teaching.

1. Did you have situations of needing to modify your class plan and/or strategy?
  - a) If you made changes, explain what they were
  - b) If you did not make changes, explain what you did to stay with plan
2. How did you address a specific injury or issues in the mixed level class?
  - a) Give 3 adjustment/modifications used
3. What did you learn from your sequencing and class plan for this student.
  - a) Give 3 examples of what you learned and how
4. How do you work with internal energies and use movement to circulate the flow of energy?
  - a) Give an example of a) physical, b) verbiage and c) other ways you created atmosphere/direction/path for inner contemplation
5. How do you teach a student ways to explore deeper into their inner alignment and focus?
  - a) Give 3 examples of specific instruction and/or direction of movement
6. What are the differences in a private client vs. public class?
  - a) What are the challenges?
  - b) What are the benefits?



## **BIOMECHANICS & SARIRA**

In this Module, we discussed Gravity and its effect on the body in movement. Identifying the changes made to structure by moving feet distance, width, use of prop (Wall, block, strap) in Adho Mukha Svanasana, we were able to see how to address issues of flexibility, stability, spinal alignment and limb length differentials.

As a Yoga therapist, you will need to understand the postural–structural– biomechanic model of students to see their musculoskeletal issues. Identifying patterns and asymmetries in your students plays an important role in assessment and management, including the choice of techniques and sequences used for therapeutics.

Postural deviations and body asymmetries can be the predisposing and maintaining factors for many musculoskeletal issues and pain, so we can work in Yoga therapy to aid in healing.

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### **Gross Body - Sthula Sarira**

Please write a short report that demonstrates your ability to See and Understand bodies in movement. It is important to see how people communicate through posture, gesture, stance, and movement.

We communicate through body movements and facial expressions, and Kinesics is the study of this kind of non-verbal expression and communication. This type of vision helps identify aspects of personality important for communication.

1. Go to a cafe or public park and watch how people are sitting, standing and moving. Look for 3 people and situations that ARE easily identifiable by you (ie. back pain, head forward syndrome, shoulder pain). Please identify:
  - a) What injury, affect or physical issue do you see in person
  - b) What are you looking at? (Physical sitting, energetic movement or interaction)
2. Look for 3 people and situations that are NOT easily identifiable by you (ie. limping gait, irregular gait cycle, acute pain symptoms). Please indicate how you:
  - a) See issues of alignment in a person
  - b) Show examples of sequence to demonstrate and unveil strength/weakness, injury, effort
  - c) Use at least 3 variations of Standing and Seated Poses to address unique issues
3. What do you know about this restriction, and how are you sequencing to insure no harm to the person in front of you.
  - a) Ballet dancer (flexible, small woman) and football player (large, muscular, tight man) in multi-level class
  - b) Knee injury that cannot bear weight in external rotation
  - c) Rotator Cuff injury in middle aged male athlete



- d) Sacroiliac pain in peri menopause female executive
4. We discussed Gravity and basic Biomechanics in teaching asana.
  - a) How does this affect your students and indicate how this would affect class sequencing.
  - b) Use 3 examples of how you would use gravity to teach a theme, and demonstrate how you would adjust different poses to meet the theme and the people in your class
    - Senior chair class
    - Vinyasa flow class with minimal props
5. We discussed the CONCAVE-CONVEX Law: the shape of a joint surface, concave or convex, determines how that joint will move.

Concave-convex law describes how differences in joint surface shapes will move. A concave joint surface will move on a fixed convex surface in the same direction the body is moving. A convex joint surface will move on fixed concave surface in opposite direction of the body.

- a) Describe the Concave=Convex Law in Shoulder and Hip Joint
- b) Identify 5 basic yoga poses and explain how the asana:
  - DOES follow Concave-Convex Law in Shoulder or Hips
  - DOES NOT follow Concave-Convex Law in Shoulder or Hips

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## Subtle Body - Suksama Sarira

Yogic, Tantric, Tibet Buddhist, and Chinese Taoist alchemy and Japanese esoterism describe subtle physiology with focal points (chakras, acupuncture points) connected by a series of channels (nadis, meridians) that convey life-force (prana, vayu, chi).

These invisible channels and points determine characteristics of the visible form. Understanding the subtlest levels of reality through breathing and visualisation, one is able to direct the flow of vital force, to achieve miraculous powers and higher states of consciousness.

We discussed the Chinese Meridian Theory and Yin Yang Theory overview. Write a short report that demonstrates your understanding of the Subtle Body in asana and movement.

1. Describe Yin Yang Theory
  - a) How can you use this as a theme in a multi level Vinyasa class?
  - b) How can you use this as a theme in a restorative class setting?
2. What is Five Element Theory?
  - a) How can you use this as a theme in a multi level Vinyasa class?
  - b) How can you use this as a theme in a restorative class setting?
3. How can you incorporate Natures Seasons into your yoga class?

- a) In a multi level Vinyasa class
  - b) In a restorative class setting
4. What are the Pancha Vayus and Koshas?
- a) How can you use this as a theme in a multi level Vinyasa class?
  - b) How can you use this as a theme in a restorative class setting?
5. What is difference in Autumn, Winter, Spring and Summer Seasons?
- a) Identify 5 points about each Season
  - b) Pick 3 poses to personify each Season
6. How would you teach this concept :
- a) In a multi level Vinyasa class
  - b) In a restorative class setting

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### Three Bodies - Sarira Traya

The Vital Energy Body provides vital, life sustaining energy for physical and mental functions. Five vital energies are Prāna, Apāna, Samāna Udāna and Vyāna, and they are distinctly different in tone, flavour and movement.

1. Briefly describe the Five Vital Energies and their movements in the body
2. How does this concept apply to your yoga practice?
3. How would you apply these concepts in a yoga class
  - a) Mixed level
  - b) Private Instruction

The Mental body or the mind is the seat of our feelings, emotions and desires. It carries impressions from our life experiences. Vāsanādeha, the aspect of mind that contains all desire has three parts, with the sub-conscious and unconscious together known as Citta:

- conscious mind: thoughts and feelings that we are aware of.
- sub-conscious mind: all impressions required to complete our destiny.
- unconscious mind: aspect of mind we are completely unaware of

The Causal-Intellect body controls decision making and reasoning, while the Subtle-Supracausal body is the final vestige of the idea that we are separate. The soul is our true nature, and It is in a perpetual state of Bliss. It looks at the ups and downs of life in the Great Illusion (Maya) as an observer, and does not get ruffled by things.



The Subtle Body is transparent, etheric and vast, infused with wisdom and the knowledge of Infinity. The Subtle Body has a close relationship to the Soul, and is believed to carry the soul gently on when it leaves this existence.

According to the Kosha system in Yogic philosophy, the nature of being human encompasses physical and psychological aspects that function as one holistic system.

The Koshas refers to different aspects as layers of experience. Layers range from the dense physical body to the more subtle levels of emotions, mind and spirit. Psychology refers to the emotional, mental and spiritual aspects of our being.

The five sheaths (pancha-kosas) are from gross to fine :

- [Annamaya kosha](#) - foodstuffs-sheath (Anna)
- [Pranamaya kosha](#) - energies-sheath (Prana/apana)
- [Manomaya kosha](#) - mind-stuff-sheath (Manas)
- [Vijnanamaya kosha](#) - wisdom-sheath ([Vijnana](#))
- [Anandamaya kosha](#) - bliss-sheath ([Ananda](#))

All activity is initiated in subtle motor organs and executed in by gross motor organs. The subtle aspect of our 5 sense organs is how we perceive the subtle realm. A person has twenty components - the gross body, five subtle sense organs, the five subtle motor organs, the five vital energies, the conscious mind, the subconscious mind, the intellect and the ego.

4. How do you interpret these levels of consciousness?
5. How do you bring this focus into your yoga practice to identify subtle energies.
6. Describe these forces and energies, in your own words.