



International Yoga Teacher Training Academy

ANATOMY & PLANE WORKBOOK



Name :

Course Date :...../...../.....





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"AWARENESS"

HONORABLE WORTHY RELATIONSHIPS

ONLY become possible
when there is an awareness of purity.

Expressing direct from one self
you will perceive all other living
things as a visual picture screen.
behind which you can feel their true
reality as you feel yours.

Then the test of performing
through actions not words
will be proven in short time





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"CHANGE"

ANY OUTSIDE CONDITIONS THAT ARE BEING RESISTED

WILL dissolve quickly

through self-motivated Change.

It is a powerful transformer
of situations and people, because
most things find change to hard
(this is just their weak minds)

If conditions do not shift
immediately, your acceptance
of the "NOW" enables you to rise above them.

Either way you are
free relieved stress.





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Anatomical Planes Of Movement CONTENT

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Why Should I Learn Anatomy & The Planes Of Movement?

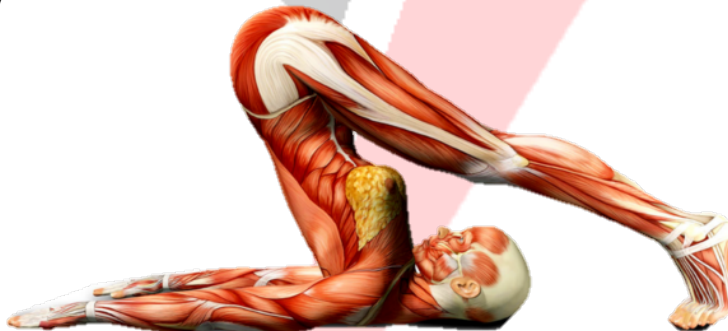
Human movement can be described as taking place in one of **three planes of motion** the sagittal plane, frontal plane, and transverse plane. **Yoga trainer should understand proper alignment and body mechanics** as it applies to **effective asana/posture** program design.

As yogis why do we need to understand the Planes of Movement?

Does It Really Help?

Understanding how you move your body, is **the key** to getting:

- ✓ Stronger
- ✓ Injury Free
- ✓ Balanced
- ✓ Grounded
- ✓ Happy



What Does Anatomy Mean?

The branch of science concerned with the bodily structure of humans, animals, and other living organisms, especially as revealed by dissection and the separation of parts. The simplest level is chemical.

Almost 99% of the mass of the human body is made up of six elements: oxygen, carbon, hydrogen, nitrogen, calcium, and phosphorus. Only about 0.85% is composed of another five elements: potassium, sulfur, sodium, chlorine, and magnesium.

The word anatomy means cutting up or taking apart.

Study of structure & shape of the body and body parts.

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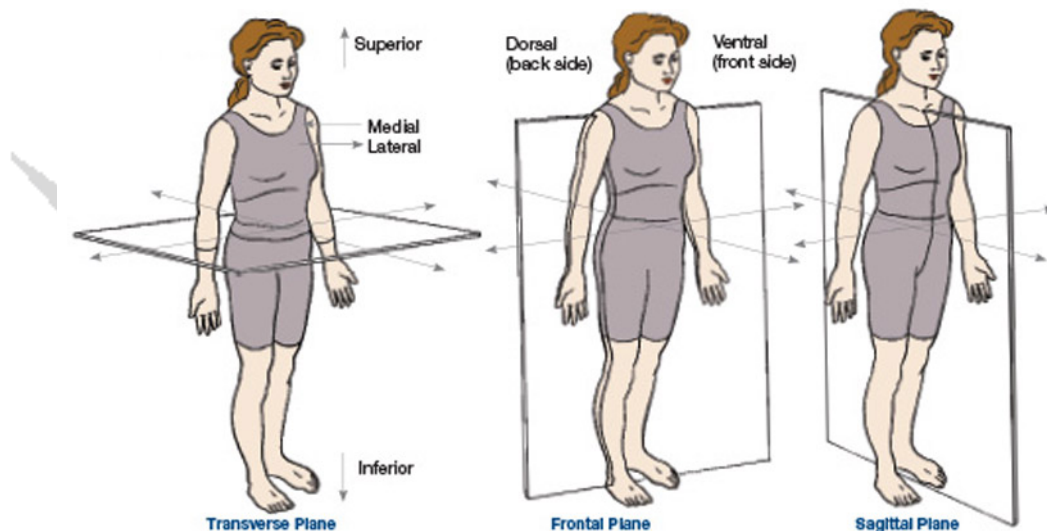
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Memo to self:





3 Anatomical Planes



Once you know how to work with these planes, you will begin to recognize the ones in which you **feel most or least comfortable moving your body**. Then you may **discover your missing whole segment of movement** in certain place.

Knowledge that can also **inspire you to start moving in the directions where you need to wake up**. In doing this, you will ultimately **learn how to wake up in your life too**, helping you navigate this world more fully.

Here's what you need to know to understand:

- ✓ **Sagittal**
- ✓ **Coronal**
- ✓ **Transverse**

Why it is so important that you do the **sagittal plane living in the age of forward bends** out of the three planes of movement that is your sagittal coronal and transverse. **Many of us spend most of our waking lives in the sagittal plane, a plane of movement where flexion and extension takes place**, sitting at a desk, eating a meal at a table, watching TV on a couch and etc.

All of these activities take place in the sagittal plane day in and day out from the movement. The large amount of time spent in the forward flexion, hip, flexors and chest muscles become extremely tired, which leads to weak abdominals.



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Sagittal Plane

A plane of movement **where flexion and extension** takes places **sitting at the desk**, eating meal on the table, **driving a car**, riding a bike, **running**

All of these activities take place in **Sagittal Plane day in and day out**. It is **most often the sagittal plane** that explores. Due to a large amount of time spent on **forwarding flexion hip and chest becoming extremely tired and therefore very weak** which leads to weak:

- ✓ Weak Abdominal
- ✓ Weak Upper Back
- ✓ Weak Lower Back
- ✓ Weak Buttock
- ✓ Weak Hamstring

Tension and pain **due to an exaggerated Lordotic curve** of the cervical and **exaggerate curve of the thoracic point** are also products of **living a habitual life in the sagittal plane**. We have to remember **that gravity is doing its best to attract us the Earth**, we do not need to **accelerate the aging process with living a life limited to the flexion portions of the Sagittal Plane**.

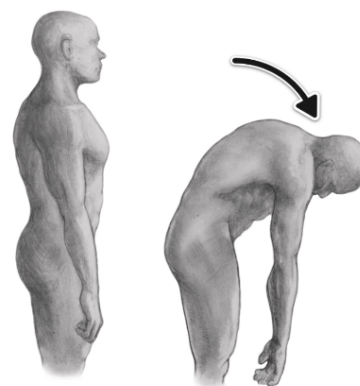
Separates the **body into right and left halves**, forward and backward movements occur in the **sagittal plane**.

Possible joint actions are:

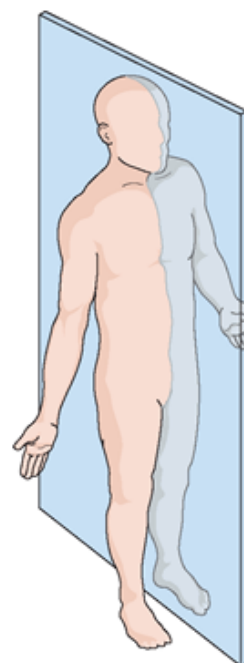
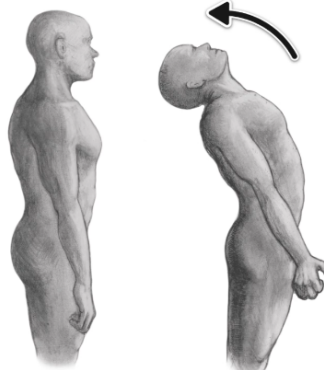
- ✓ **Flexion** (elbows, shoulders, knees, hips, and spine)
- ✓ Extension (elbows, shoulders, knees, hips, and spine)
- ✓ **Plantar flexion (ankles)**
- ✓ Dorsiflexion(ankles)

Also, over time, **the spinal vertebral column itself could turn and twist and encouraging a distortion in the rib cage as well as compression to the soft tissues and organs inside in order to reverse these habitual twisting patterns**. In addition to switching sides in the above mentioned activities both **yoga and strength training needs to be incorporated in one's daily life**.

FLEXION



EXTENSION





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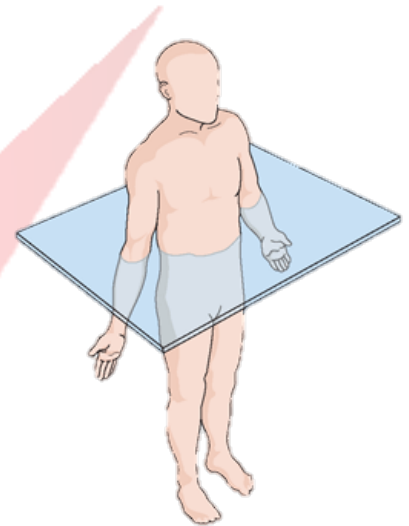


Transverse or Horizontal Plane

The Transverse Plane is Turning & Twisting

Out of the other two planes, movement that is your coronal plane where the abduction & adduction takes place and the **Transverse Plane where the turn and twist takes place.**

It is the transverse plane we move most often in, unfortunately for most human, **this plane of rotation does not get explored evenly on both ways.** Example, you swimming and only **turning your head to one side.** All this **repetitive twisting and turning to one side leads to weak abdominals** that are **obliques and iliopsoas muscles.**



Divides the body into upper (superior) and lower (inferior) parts, rotational or twisting movements primarily occur in the transverse plane.

Possible joint actions are:

- ✓ **Rotation**
- ✓ **Horizontal shoulder abduction and adduction**
- ✓ **Pronation and supination**

Coronal Planes

Now let's talk about Coronal Planes that is spreading out, there are not many people who spend a lot of their time in the Coronal Plane horse riders, kick boxers, karate, surfers, and **yogis had among those who find themselves spreading out wide repetitively.**

Separates the body into **anterior and posterior halves, lateral movements occur in the frontal plane.**

Possible joint actions are:

- ✓ **Abduction (shoulders and hips)**
- ✓ **Adduction (shoulders and hips)**
- ✓ **Lateral spinal flexion**
- ✓ **Foot eversion and inversion**

That's why Yoga is popular as a method of cross free, it encourages many healthy people and fit people to branch out their repetitive motion in both

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Memo to self:





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That's why Yoga is popular as a method of cross free, it encourages many healthy people and fit people to branch out their repetitive motion in both to the Sagittal Plane and Transverse Plane and encourages them to spread out wide in the coronal plane, using yoga to explore all three planes.

Ardha tadasana Sagittal Plane even in yoga, we can find ourselves moving more in one plane of movement than the others. **Classical Sun Salutation although brilliantly designed to warm up and stretch the body systematically, only explore the sagittal plane that is flexion and extension.** It is only when we start adding in our warrior tools, triangles wide lead forward bends that we venture out into the **coronal plane of abduction and abduction.**

Explore the coronal plane in Virabhadrasana II that is Warrior II. And if a practice is lacking in a sufficient amount II. And if a practice is lacking in a sufficient amount of twist, moving into the transverse plane through spinal twists, lunges, revolving triangle, and half-moon, then the detoxifying benefits of that sort of internal massages are sorely missed. It is imperative to give ample time to all three planes of movement **when practicing yoga.**



Five Primary Movement Patterns

The activities of daily living (ADL) movements **can be broken down and described by five primary movements.**

- ✓ Bend-and-lift (raising and lowering) movements (squatting down to pick up an object off the floor or standing up from the chair)
- ✓ Single leg movements (walking, lunging or climbing stairs)
- ✓ Upper body pushing movements
- ✓ Upper body pulling movements
- ✓ Rotational (spiral) movements

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Explore All Three Planes Of Movement

Make sure when you come to the yoga mat and **balance your system** with back bends.

Always remembering to cluster your deeper back bend after much of warming up and then **stabilize the spine in the neutral positions** for many breaths before returning into later, deeper forward bending portion **of your practice**. Open up and play, we believe that once we understand the three planes of movement, our body is meant to explore itself in them **the sagittal, coronal, and the transverse**.



We can't help but be more inclined to move, dance and express ourselves in all three of them, it is like waking up to a whole new world. We are compelled to reach out through **twisting and turning and even jumping out wide dancing and playing** because natural, even necessary. **So go out there, get creative and explore the merit of ways and shapes your body is capable of moving into.**

Put the anatomical plans of movement into a practice. Want to get comfortable with these anatomical planes and **expand your movement range for teaching skills.**

So start from here:

- ✓ Step one, make a list of your 10 favorite poses and 10 least favorite poses. **Consider which poses you tend to practice at home and which one you avoid.**
- ✓ Step two, determine the primary plane for each of the pose on your list.
- ✓ **Then name the planes in which you seem to be most and least comfortable.**
- ✓ **Create a list of poses from your least favorite plane and plan to practice these poses several times a week. Are these poses is challenging for you? Are they easy?** How do you feel when you practice more from the plane in which you were at least comfortable with?



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- ✓ After a couple of week of practice, **your least favorite pose is to go deeper with your line of questioning what have practicing movements you have been avoiding revealed?**

Yes, we talking about poses and anything else you tend to avoid in life. If you are a teacher, take these same steps. When it's coming to assessing, you, go to the sequence. **Look at the poses you teach often, as well as the themes that you choose for your classes. Which plane is overrepresented? Which plane is underrepresented?**

Do you tend to teach the plane that is your personal favorite and avoid the one that is you're least favorite. **Finally, whether you are teaching or simply moving through your own home practice, commit to creating sequences that include poses that highlight your least utilize a plane.**

How do you feel when you practice or teach them? How does your body feel after a few weeks of moving in your let's utilize plain. **Do you feel more embodied?** Are your movements more balance in all three planes?

See if these simple inquiries help you feel more aware and whole. It is very important to note that **most of the Asanas that we practice is always in the sagittal plane** and most of the time what you are **doing is flexion.**



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So whenever you are doing **flexion** what is happening? Your **hip flexors** that is **iliopsoas** and so as **your cords, your core muscles, your pectoralis major and minor**, and your **cerratus** all is getting tight in return. **What's happening to your extensors? They all are getting weak and overstretch.**

Now, if every time you do all the poses where you're always trying to contract, **you need to balance it out by doing extensions and trying to hold extension.** So **balancing your flexes and extensors flexile group of muscles extensive group of muscles**, and most of the time the problem is there because in the sagittal plane, **the only movement that we are doing is flexing obliques.**

So try to focus on:

- ✓ **Triangle pose**
- ✓ **Parsvakonasana (Side Angle Pose)**
- ✓ **Ardha chandrasana (Half Moon Pose)**
- ✓ **Virabhadrasana II (Warrior Pose II)**

All these poses on the **lateral side in the frontal or the coronal** plane will help you to activate your obliques, the side muscles. **Then you also need to focus on the twistings** like Parivartasana that is **seated, twisted, anything Parivrtta Trikonasana that is a twisted triangle.**



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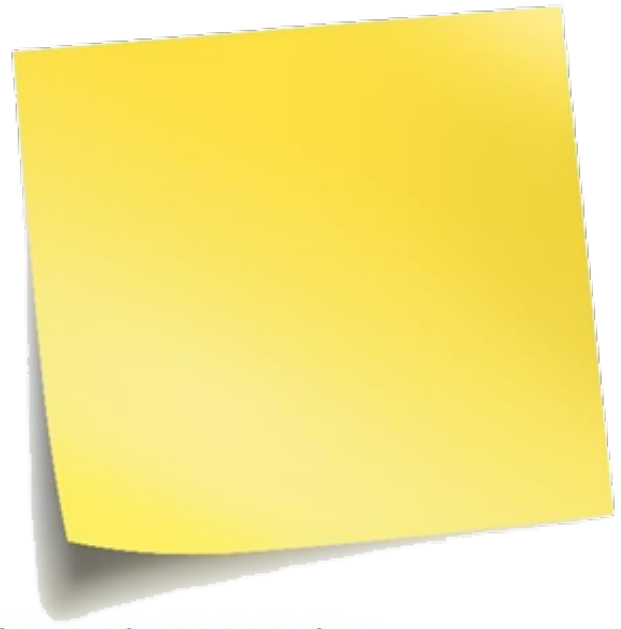
So, the whole idea behind this plane of movement is **try to use all the planes. Don't get stuck with only one plane that is sagittal and sagittal only the flexors.**

And that is the reason it is **good to have a multi planar training** and that's the reason we want to **utilize all the three planes of movement together.** You can go for a **reverse walk, reverse jog,** or your **Vinyasa flow** should be such that you inculcate all the three planes of movement that you can.

So friends **hope you could get some idea about these planes of movement and how you would utilize these planes of movement in your yoga practices.**

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"SURRENDER"

WHATEVER PRESENT LIFE MOMENT IS NOW

ACCEPT it as if you chose it
because your person that makes
your own choices in life don't
blame others for your ignorance.

Always "work with life facts" not against
them, make your current reality
your best friend.

Don't make facts your enemy.
Truth finds all sins don't risk suffering.

When you accept your "Now" you will
transform into a more complete
humble simple Spirit.





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"AWARENESS"

ONLY HAVE RESPECT FOR THINGS THAT

LOVE protect the deep bond that purely exists between the environment, oneself and all other earth's creatures.

People who live by desires have no consciousness.

Don't waste your time on them they will never awaken to reality.

