

## YTT - April Anatomy Homework

Here is the homework to be completed before our next meeting together in April. Please contact me with any questions regarding the assignments. In addition to the homework, at the bottom of this page I have also included a few resources for your review of some of the main concepts that we discussed last time. These are optional, however you are encouraged to use them to help solidify what was discussed. Also, as a reminder if you had any questions for me last weekend that I couldn't answer for you at that time, please email them directly to me and I will get you an answer.

- Read anatomy section in the manual
- Review Bony Landmarks outlined in Manual on page 4-4
  - Begin to memorize the ones listed at the bottom of the page and locate them on yourself
  
- Review bony landmark trail on p. 174 of Trail Guide
- Review bones of lower leg and foot in Trail Guide and on your anatomy app.
  - Locate your own bony landmarks of the Lateral and Medial Malleoli
  - Read p. 344 - 347; and 354 - 357; 366-367 in Trail Guide
  
- Yoga of the Subtle Body: Read p. 1-42
  
- Yoga Body: Read Chapter 10 p. 119 - 132

Happy reading and studying!!

### Review concepts from last week:

For your continued integration, I have included a few articles below that explains (in someone else's language other than my own) how to find a neutral pelvis, and how to use the anatomical planes in yoga. I hope that they are helpful and beneficial for you!

### Tadasana and finding neutral:

<https://yogainternational.com/article/view/finding-neutral-the-ideal-pelvic-tilt-in-mountain-pose>

<https://www.yogajournal.com/teach/intuitive-alignment-tadasana-hips>

### Anatomy Planes Explained:

<https://www.ekhartyoga.com/articles/anatomy/planes-of-movement-in-yoga>

<https://www.yogajournal.com/teach/planes-of-movement-how-to-identify-imbances-in-your-body>

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