

Hi Yogi's:

I thought it might be helpful to send you some articles as an accessory to your studies for those of you who are interested in deeper integration and understanding of some of the muscle topics that we discussed yesterday. Again, this is OPTIONAL - only for those of you who are interested in learning more.

Here are some of the articles that I pulled from for our anatomy lecture and a few others:

Forward Bends and TFL Muscle:

<http://www.dailybandha.com/2013/09/refining-your-forward-bends-with-tfl.html>

TFL and Utthita Parsvakonasana:

<https://loveyogaanatomy.com/using-the-tfl-to-refine-utthita-parsvakonasana/>

Around Your Core Muscles:

<http://www.dailybandha.com/2017/>

Piriformis:

<https://www.yogajournal.com/practice/primer-on-the-piriformis>

Gluteal Muscles:

<https://www.yogajournal.com/teach/yoga-anatomy-get-to-know-your-glutes>

<https://yogainternational.com/article/view/recruit-the-glutes>

More on Gluteus Medius:

<https://learnmuscles.com/blog/2017/08/26/the-true-function-of-the-gluteus-medius/>

<https://www.yogauonline.com/yoga-anatomy/yoga-anatomy-gluteus-medius-muscle-yoga>

--Brockell B.