

## YTT Weekend 6 (August) Anatomy Homework and Reading

### Review

Before moving on to study the new material for August, please take this week to review and Integrate the anatomy from this weekend.

- Read the lecture note handout on “Channel of the Spine”
- Fill in any areas in the notes that are blank as homework
- Use the articles that are listed below

### New Chapter Reading

**The bolded chapters are the most important. If you can do all of the reading, then please try to at least read or scan the bolded chapters.**

- Read Lasater:
  - **Chapter 13: The Shoulder Girdle p. 153 -170**
  - Chapter 14: The Elbow Joint and Forearm p. 171 - 182
  - Chapter 15: the Wrist and Hand p.183 - 191
- Read Little:
  - **Chapter 5: The Diaphragm p. 136 - 159**
  - **Chapter 6: The Lungs and Lotus Heart p. 160 -195**

### Study in the Trail Guide:

- Review: Components of the spine as needed
- **Study bony landmarks on the Shoulder and Arm p. 48 - 51**
- **Study muscles in the Shoulder Girdle p. 61 -62**
  - Review Actions - p. 64 - 66
  - Deltoid - p. 67
  - Trapezius - p. 68 - 69
  - Latissimus Dorsi and Teres Minor p. 71
  - Rotator Cuff Muscles p p. 74 - 75
  - Rhomboid Major and Minor - p. 82 - 83
  - Levator Scapula -p. 83-84
  - Serratus Anterior - p. 86
  - Pectoralis Major p 89
  - Pectoralis Minor p. 92
  - Biceps and Triceps Brachii - p. 95-97

### Anatomy App (Or Netter’s Atlas)

- Use these as a resource to engage with the muscles in a deeper way

**Articles for Integrating:**

Here are some of the sources that I used for my last lecture. This is optional, and may give you a deeper understanding of the spine / psoas, etc.

**Sources**

<https://yogainternational.com/article/view/a-sequence-for-your-psoas>

<http://www.dailybandha.com/2013/11/sankalpa-visualization-and-yoga.html>

<http://www.dailybandha.com/2018/10/co-activate-your-psoas-and-quads-in.html>

<https://www.yogajournal.com/teach/yoga-antomy-strengthen-stretch-psoas>

<https://www.yogajournal.com/blog/beneath-surface>

<https://www.yogajournal.com/practice/3-yoga-poses-awaken-psoas>