

Full Circle Homeschool Classes
Dynamic Yoga Anatomy
Syllabus for the first four classes

Required textbooks: *The Anatomy Coloring Book* by Edward Alcamo (2nd edition), and *Yoga Anatomy* (2nd edition) by Leslie Kaminoff and Amy Matthews.

Week 1

1. Introductions
2. What is anatomy?
3. Parts of the spine, spinal curves, movements, spinal pathology (i.e. scoliosis)
4. Spinal movements found in yoga postures: forward bend, backbend, lateral bend, and twist.

Homework: Read Ch. 1, "Dynamics of Breathing."

Anatomy Coloring Book (ACB): Locate and color the pages related to the Vertebral Column and Spinal Cord.

Week 2

1. Review of parts of the spine
2. Cervical, brachial, lumbar, and sacral plexuses (nerve branches)
3. Bony landmarks of the pelvis
4. Understanding "text neck"

Homework: Read Ch. 2, "Yoga and the Spine" in *Yoga Anatomy*. Complete coloring in the Anatomy Coloring Book (ACB) related to the Vertebral Column and Spinal Cord.

Week 3

1. Review of bony landmarks of the pelvis
2. Muscles and bones of the neck, shoulders, and back
3. Sanskrit: the language of yoga poses

Homework: Read Ch. 5, "Inside the Asanas," then find and color the pages covering the Muscles of the Neck, Shoulders, and Upper Back.

Week 4

1. Review of muscles of neck, shoulders, and back
2. Agonist & antagonist muscle groups
3. Homeostasis and finding balance in the body

Homework: Read Ch. 6 "Standing Poses": samasthiti, utkatasana, uttanasana, vrksasana, garudasana, virabhdhrasana 1, virabhdhrasana 2, virabhdhrasana 3, utthita trikonasana.

Then finish coloring in the Anatomy Coloring Book covering the Muscles of the Neck, Shoulders, and Upper Back.