

## MODULE 7

# REVIEW WORKSHEET

1. Give 3 verbal adjustments for:

Cross Legged Seated

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Inner Thigh Stretch

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Seated Forward Fold

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V-Sit

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Hip Release

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2. There is a high risk-to-benefit ratio on deep forward folds when someone may not be ready. What verbal adjustment can you give on forward folds to help ensure the safety of the participants?

3. On regular forward folds, where do you fold from?

4. On long holds where you come forward, how do you fold?

5. In V-Sit, what is the main purpose for doing this exercise?
  
6. Hip Release is a great hip stretch. What area do we worry about and give verbal adjustments for in this position?
  
7. Seated Knee Stack and Double Hip Release can be very intense hip stretches. Which classes would you use these exercises in and which classes would you not use them and why?
  
8. Which muscles are stretched (generally) in forward bends and which muscles are strengthened?
  
9. What are 3 benefits of twisting exercises?
  
10. What is the correct alignment of Hands & Knees?
  
11. Give 3 verbal adjustments for:  
Rock \_\_\_\_\_  
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Heel Sit

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Kneeling Backbend

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Low Lunge

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12. What are 3 benefits of Arch & Round?

13. Rock is a resting position, but what other reason can we use this exercise and why?

14. What main precaution is there for Lifted Rock?

15. What main precaution is there for kneeling backbend?

16. What can you say to someone who asks you if they should follow their doctor's advice and to take yoga?

17. How can you respond to someone who asks you if you think it is ok for them to take yoga in a gym where they feel it has no spiritual content?