
MODULE 8

REVIEW WORKSHEET

1. Give 3 verbal adjustments for:

Posture

Half Squat

Pike

Lunge I

Lunge II

Hamstring Stretch

Angle

2. What is the main precaution with Standing Forward Folds and what verbal adjustments can you give to help keep participants safe?

3. What do you tell someone who has high blood pressure, heart problems or glaucoma when they are ready to do a Forward Fold?

4. Depending on where you draw your arms on Half Squat, what area of the body does that affect? What adjustments should be made if it is too difficult to bring the arms straight up?

5. What is the main precaution to verbalize to people for Full Squat?

6. What is a verbal adjustment you can give to someone who is in Lunge I or Intense Hamstring who feels a pulling in the back knee as they try to square the hips forward?

7. In Lunge I, where are the toes of the back leg as opposed to Lunge II?

8. What often happens to the bent knee in Lunge II that we should cue to correct? What verbal cue can you give?

9. What is a modification you should always cue when doing a balance pose?

10. What area of the body might many people feel a tightening or cramping in Extended Leg Reach?
What exercise should you always do after the Extended Leg Reach?

11. Where do your hips face on the following exercises:

High Lunge _____

Lunge I _____

Lunge II _____

Arabesque _____

Intense Hamstring _____

Angle _____

Revolved Angle _____

Side Reach _____

Revolved Side Reach _____

Open Arabesque _____

Revolved Arabesque _____

12. What are some examples of common practices in yoga class that may be a cause for concern to a Christian?

13. What is the difference between the Hindu's notion of "union with the divine" and what Christian's believe?