

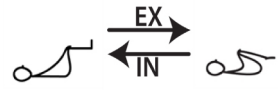
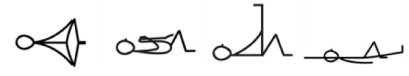

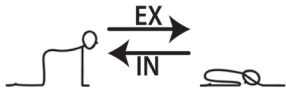
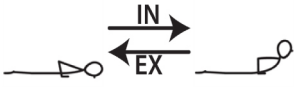
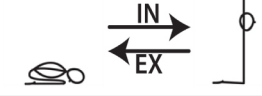

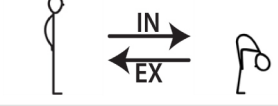
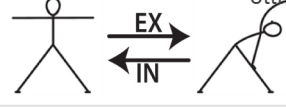
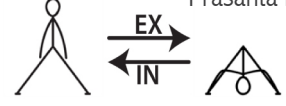



Movement Observation Sample

In every pose observe:

Connection between breath and movement / breathing pace / ease of the inhalation relative to the exhalation / body awareness / understanding of the pose / range of motion / habitual movement patterns / ability to follow instructions / ability to stay focused.

	Pose	Observe
1.	Static Supine Observation 	Static Supine Observation. Ask them to compare the right and the left side of the body (mentally). Note if it matches with what you observe.
2.	Pelvic tilt 	<ul style="list-style-type: none"> - Depth and location of breath - Head, shoulders, lower back, pelvis, knees, feet position - Ability to do the pelvic tilt on EX
3.	Apanasana 	<ul style="list-style-type: none"> - Ability to contract the abdomen on EX - Neck/shoulder position - Trajectory of leg movement (compare)
4.	Various leg movements 	<ul style="list-style-type: none"> - Ability of neck/shoulders to stay relaxed - Imbalanced development in adductors/abductors, hip flexors/glutes, deep rotators
5.	Various arm movements 	<ul style="list-style-type: none"> - Range of motion of neck and shoulders - How the arm movement affects the positioning of the lower body
6.	Chakravakasana 	<ul style="list-style-type: none"> - Pelvic-lumbar rhythm - Position of the head, elevation of the shoulders, position of the elbows - Mobility of the thoracic curve
7.	Bhujangasana 	<ul style="list-style-type: none"> - Ability to use upper back muscles, symmetry of development - Position of the head, ability to turn it; position of the shoulders - Hip position (in relation to the ground); leg/feet position (symmetry)
8.	Vajrasana 	<ul style="list-style-type: none"> - Origin of movement; ability to use upper back muscles - Range of motion in the shoulders - Position of the knees/feet (compare R/L), weight distribution (R/L)
9.	Virabhadrasana 1 	Try different arm adaptations to observe the positioning of the lower back, upper back, neck, hips and knees and range of motion in the shoulders.
10.	Uttanasana 	Check alignment on the way down and up; positioning of the head, angle at the knees, overall range of motion and comfort level.
11.	Uttahita Trikonasana 	Check the range of motion and symmetry of the torso, hip position, lumbar curve, range of motion in the shoulders and neck.
12.	Prasarita Padottanasana 	Check alignment on the way down and up; positioning of the head, angle at the knees and hips, overall range of motion and comfort level.
13.	Static Standing Observation 	Ask them to compare the right and the left side of the body, weight distribution, posture. Note if it matches with what you observe.