

SUBJECT:	Lifestyle Sustainability		
SECTION:	Period 14 (Old) Making IST- it's show time-my golden pedagogical egg as a grown up and with the children	Task	16
TITLE:	Practicing lying posture Asanas- Sarvangasana, Dhanurasan		
WORDING:	The task is to practice Sarvangasana and Dhanurasan and learn its benefits.		
TIME:	2 hours		

INTRODUCTION

In period 13 you have studied “Practicing an hour of yoga’ and learned about yoga, its benefit and how to practice yoga in a proper way. In this task you will practice Sarvangasana and Dhanurasan and learn its benefits.

The word ‘Sarvangasana’ comes from Sanskrit, it means ‘full body posture’, indicating its positive effect on the entire body. Sarvangasana is an inverted yoga posture. It includes several variations like Salamba Sarvangasana and Setu Banda Sarvangasana.

Sarvangasana targets the entire body. Every muscle in the body is forced into action. This in turn stimulates corresponding organs and glands in the body. The biggest impact of Sarvangasana is the reversing effect of gravity the body experiences when undertaking this pose. Sarvangasana tunes the body and improves all function of body. Some benefits of Sarvangasana are to boost blood circulation and energy flow as well as strengthen the nervous system. The lungs also benefits greatly from this pose as it ensures oxygen supply to both the lower and upper regions of the lung, improving the body’s metabolism as it promotes thyroid function. It is also very helpful in easing respiratory disorders like bronchitis, asthma, nasal congestions, and throat infections.

In Dhanurasana; the body takes the shape of Bow and therefore it is called Dhanu (Bow in English) asana. As the bow is strained during the archery, the whole body is stretched during this asana posture. This pose is called Dhanurasana because it looks like an archer's bow, the trunk and legs representing the body of the bow, and the arms the string.

The Bow Pose is a good exercise to improve posture and to strengthen the back muscles. Dhanurasana has a favourable effect on the enzyme producing organs like liver and the small and big intestines. The pose stretches the entire front of the body, ankles, abdomen and chest, and throat. This is good for the organs and it improves the blood circulation in arms and legs.

During this task you will learn about the procedure of performing Sarvangasana and Dhanurasan asanas and its benefits.

Now it is the time to read the files, watch the videos and practice the poses.

DIRECTIVE

1. Read the files “Sarvangasana-Shoulder Stand pose” and “Dhanurasan”
2. Watch Sarvangasana and Dhanurasan videos and practice together with your core group.

FILE:

F1: “Sarvangasana-Shoulder Stand pose” from www.yogapoint.com

F2: “Dhanurasan” from www.yogapoint.com

F3: “Sarvangasana-Shoulder Stand pose” video from
www.youtube.com/watch?v=0vrRAmRun5s

F4: “Dhanurasan” video from
www.youtube.com/watch?v=MqLqE8yd_uo