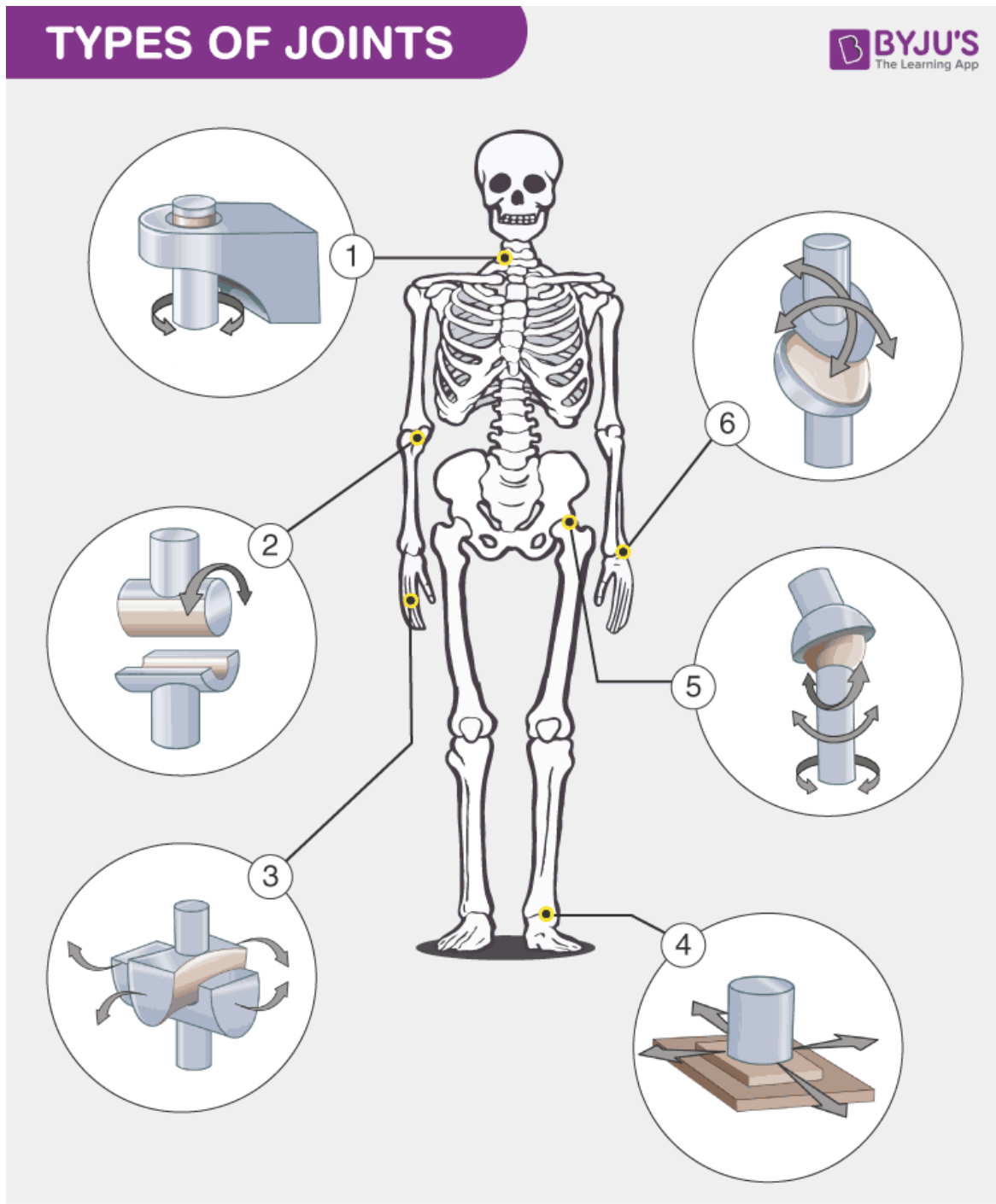


## 4 - JOINTS

### TYPES OF JOINTS



1

2

3

4

5

6

\_\_\_\_\_

Ligaments connect \_\_\_\_\_ to \_\_\_\_\_.

Tendons connect \_\_\_\_\_ to \_\_\_\_\_.

Answer: approx. 20 mins into Joints & Ligaments lecture

In what ways did you find the lecture focused on the hips (Dr. Tom Tozer) applicable and helpful to you as a yoga teacher?

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Provide a clear explanation of how to engage the pelvic floor. This cueing statement will be an example/option of what you could offer in a yoga class to educate and assist students in engaging Mula Bandha.

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What are some considerations that you should have as a yoga teacher in relation to the shoulders and supporting optimal shoulder health? Hint: there is no specific answer for this question - merely reflect on what you understand about shoulder mobility, injuries, etc. and how this applies to yoga and postures.

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Explain "Hasta Bandha" in relationship to the lecture with Anthony McMorran (arms, wrists, hands).

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