



Worksheet

Fundamentals of Anatomy Workshop - Foot and ankle

1. List some familiar anatomical terms you know for the foot and ankle

2. What are some familiar cues you hear or use in Yoga to describe the position of the feet and ankles during a class ?

3. Give your thoughts on the principle that Yoga is practiced barefoot. What in your opinion are some of the pros and cons?

4. When are you most at risk of injuring the foot and/ankle during a Yoga practice?



5. Do you think Yoga is high or low risk for foot and/ankle injuries and why?

6. What lifestyle habits affect the arches of the feet and the achilles tendon?

7. How often do you pay attention to your students feet during a class, what are some tell tale signs you might be able to recognise?

8. List common pathologies for the feet and ankles.

9. What are some of the more abstract verbal cues you use when teaching that specifically relate to the feet ?



10. Important things for you to remember when teaching to prevent injury for yourself

11. Have you ever tried to practice yoga with shoes on ? What noticeable differences are you aware of ?

12. How could you better educate students on the significance of the appropriate foot position in all categories of postures :
Backbends, forward folds, twists, standing postures, balancing postures and inversions?

13. How could you use a prop to support a standing balance pose, i.e. to make it easier ?



14. How could you use a prop to make a standing balance pose more challenging?

15. What are some of the fundamental differences between the position and/placement of the feet in different styles of Yoga? For example, compare Vinyasa to Yin, Ashtanga to Hatha.

Extra Notes:


