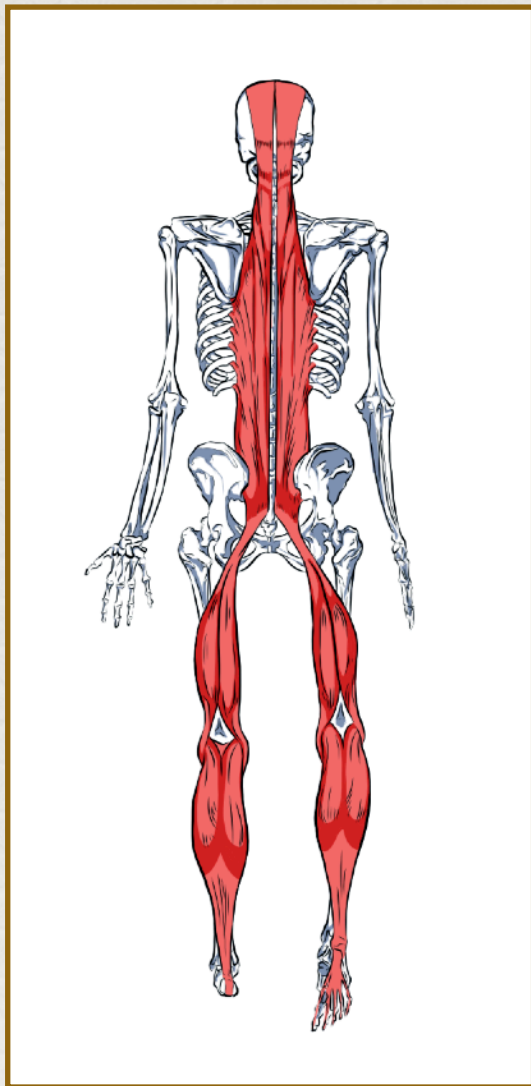


Acupressure and Yoga Anatomy

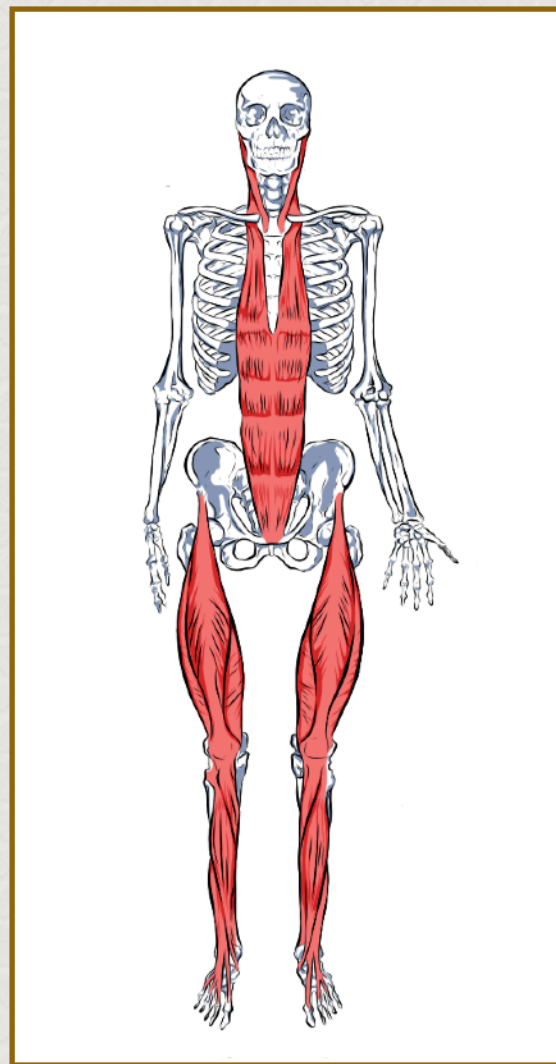
An Introduction by Jim Spears M.S.
Integrative Healing Society
www.ihociety.com

Fascial Lines

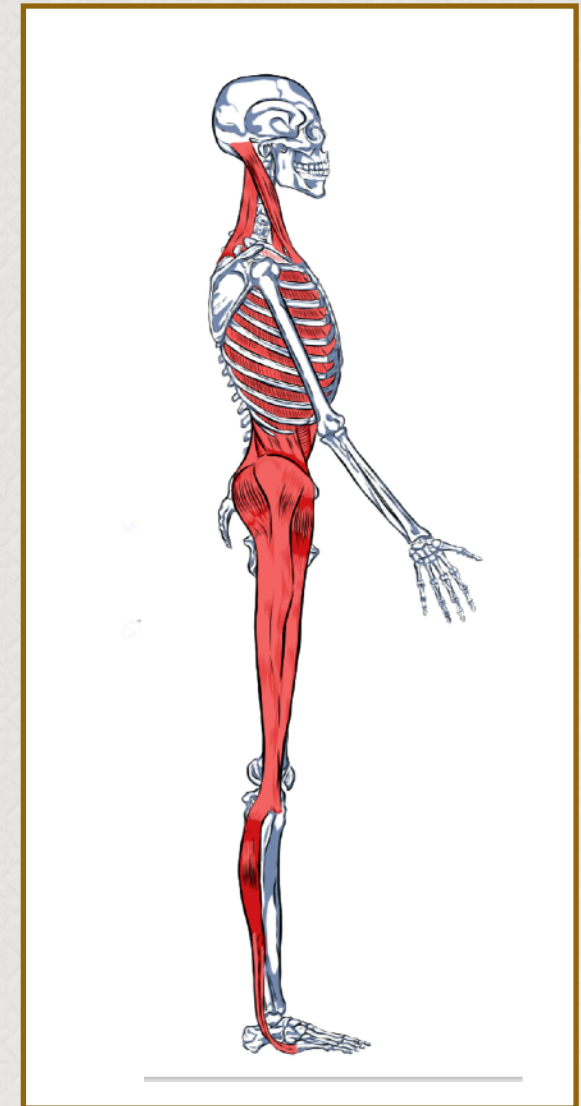
Images from:
Tom Myers
Anatomy Trains, Elsevier Publishing



Superficial Back Line



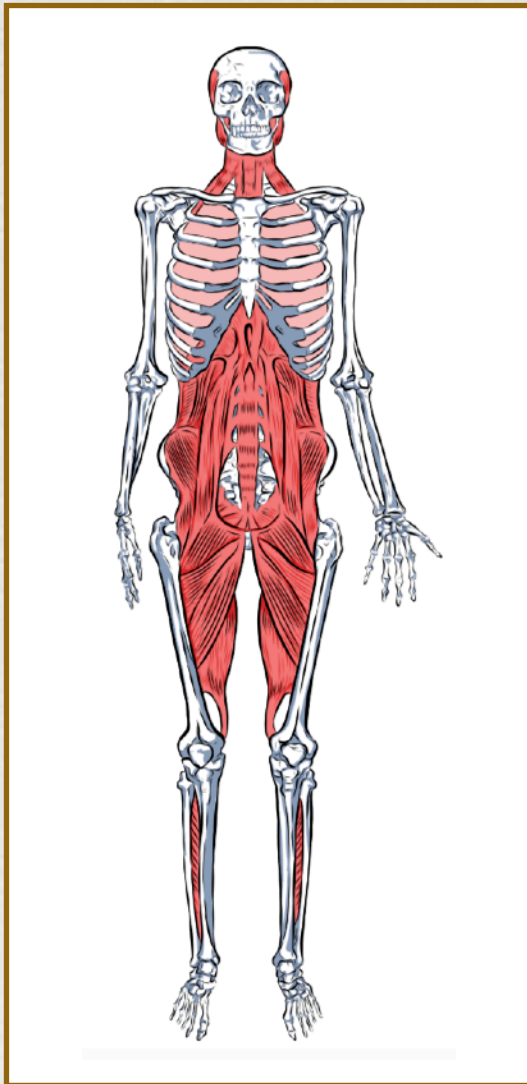
Superficial Front Line



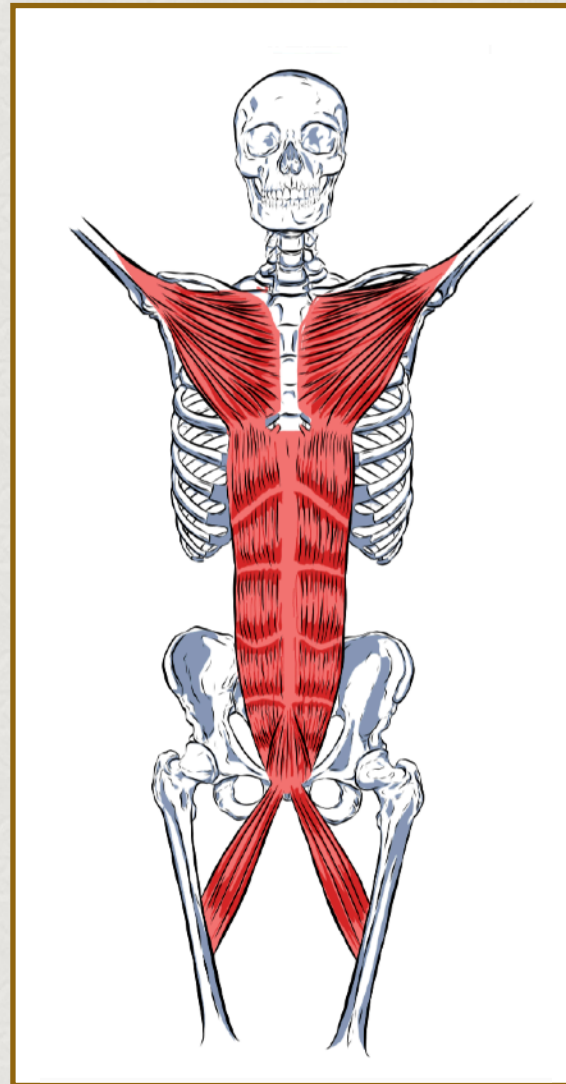
Lateral Line

Fascial Lines

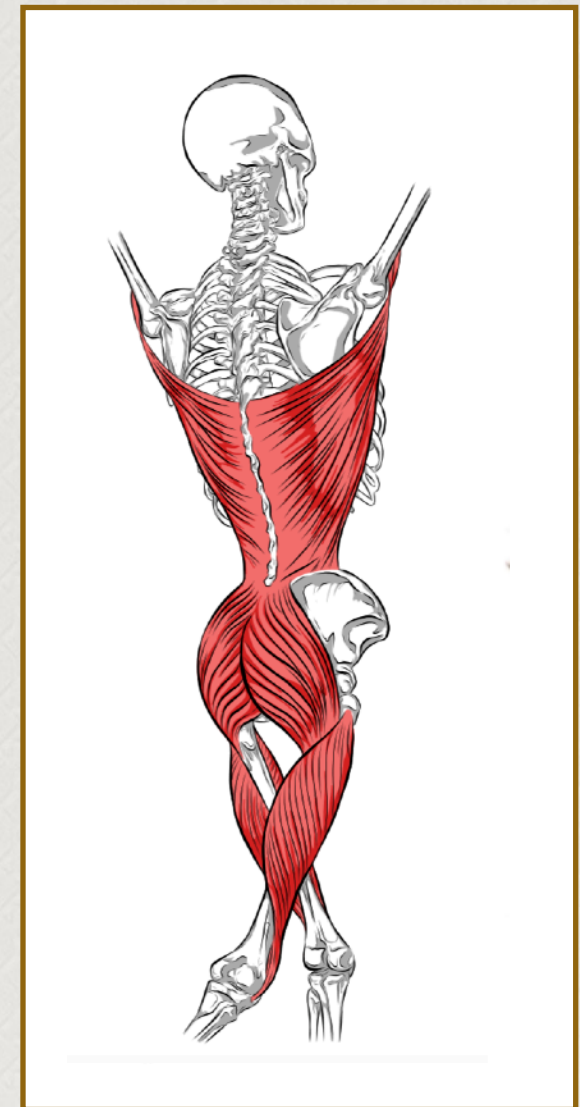
Images from:
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Anatomy Trains, Elsevier Publishing



Deep Front Line
(DFL)

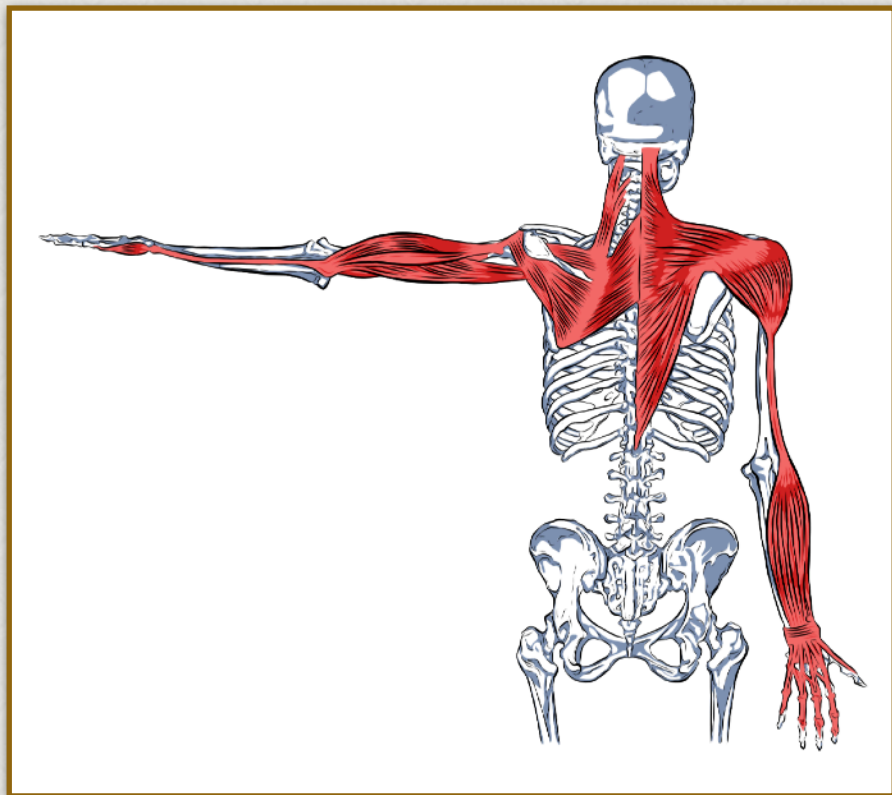


Front Functional Line
(FFL)

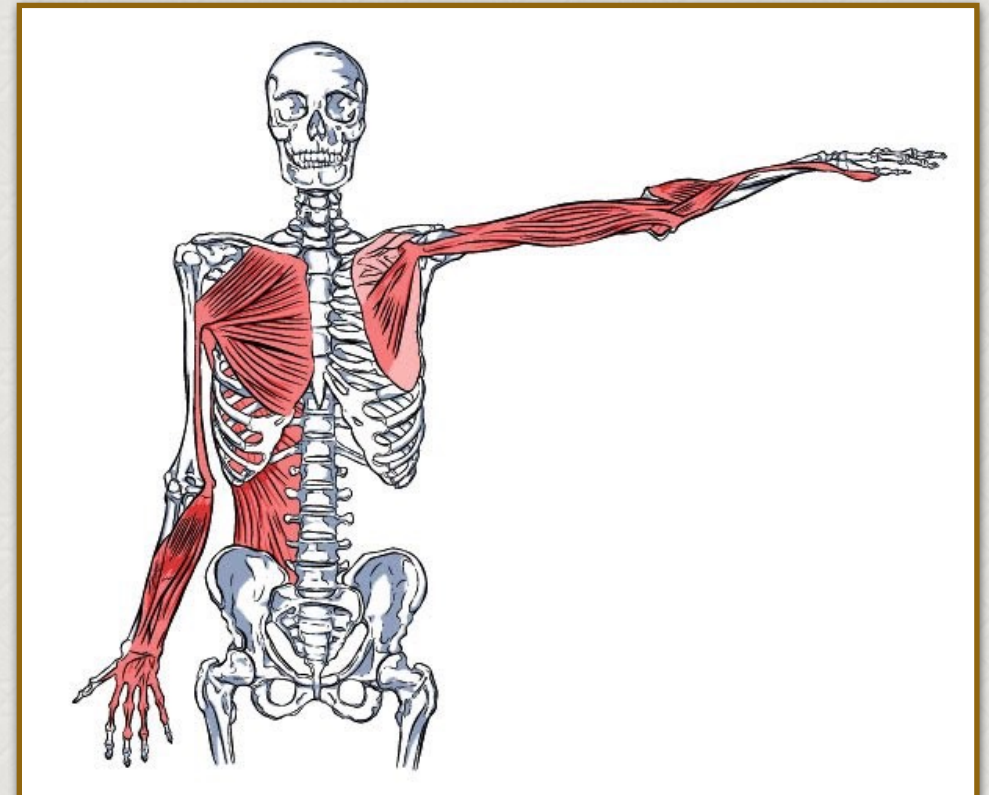


Back Functional Line
(BFL)

4 Fascial Arm Lines



Superficial Back Arm Line (SBAL)
Deep Back Arm Line (DBAL)



Superficial Front Arm Line (SFAL)
Deep Front Arm Line (DFAL)

Images from: Tom Myers, Anatomy Trains, Elsevier Publishing

Why Yoga Anatomy and Acupressure?

- ✿ Anatomy is an essential subject for yoga, manual therapies, and acupressure.
- ✿ Knowing anatomy is vital to guiding people through movement.
- ✿ By studying acupressure with yoga anatomy it gives us a new perspective on alignment, adjustments, and more.
- ✿ Acupressure can enhance our understanding of how to get therapeutic value from yoga practice, decrease muscle tension, ease pain, avoid injuries, alleviate stress, and much more.
- ✿ Combining the two allows us to grow our practice, modify poses, find greater balance, and include new movements into our routines.

Techniques for Stimulating Acupressure Points

Stretch / Contraction

Compression / Pulling - Massage, pressure, tapping, pounding, pulling, pinching, grasping, cupping

Myofascial Release Techniques - Foam rollers, scraping, gua sha

Resistance Bands - Strategically placing these creates compression and shear forces with resistance

Movement in general - Joint rotations, manual adjustments, qi kung and tai chi

Nerve & Tissue Flossing

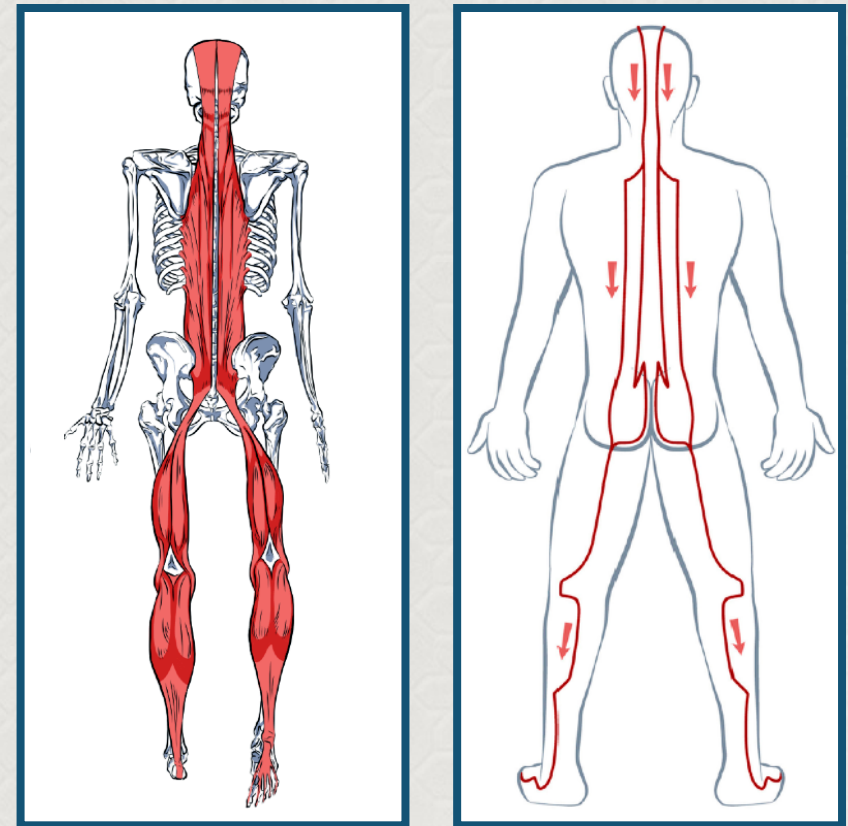
TENS, Lasers

Gentle Touch

Mindfulness, Meditation, Body Awareness and Guiding Breath Practices

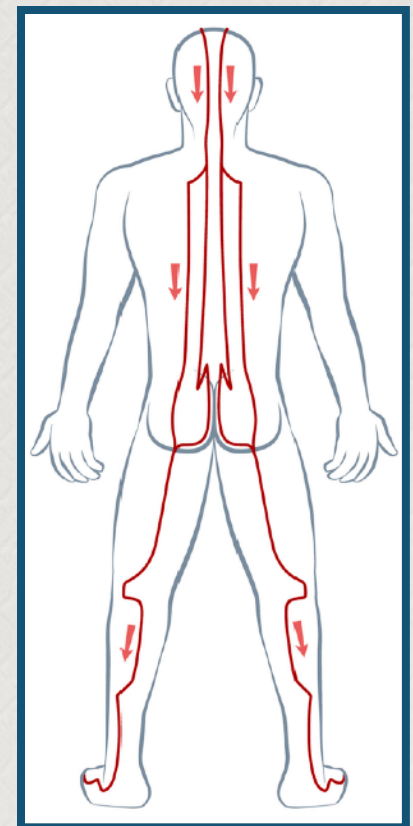
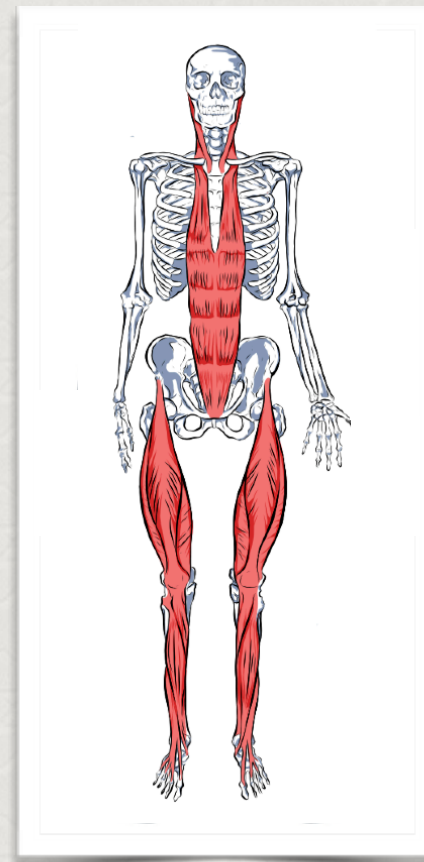
The Superficial Back Line & Urinary Bladder Meridian

- Forward bends are the primary pose category that stretch this line.
- Anatomy: Deep neck muscles, erector spinae, posterior sacral fascia, hamstrings, calves, achilles tendon, and plantar fascia.
- Caution: Many people tend to overstretch the SBL and this can cause excessive strain in the hamstrings, back, neck and shoulders. Daily life, sitting, lifting, gravity, work related activity, and aging all tend to weaken this line and lead to hunching over. To counteract this backbends are needed.



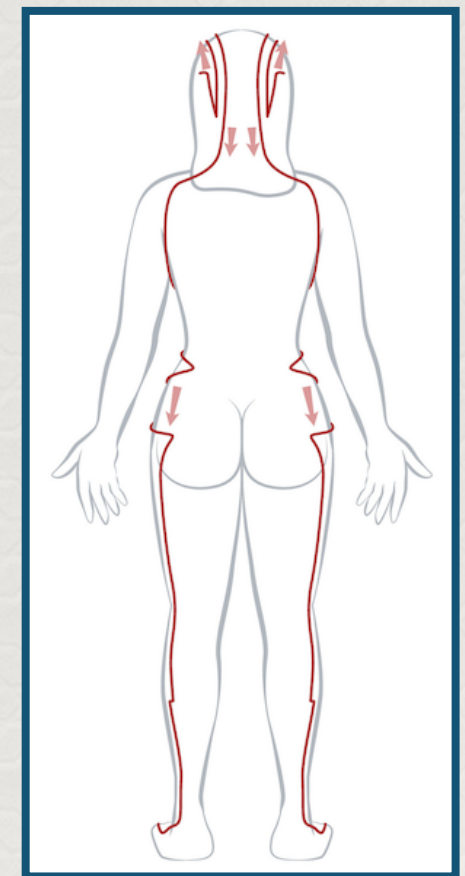
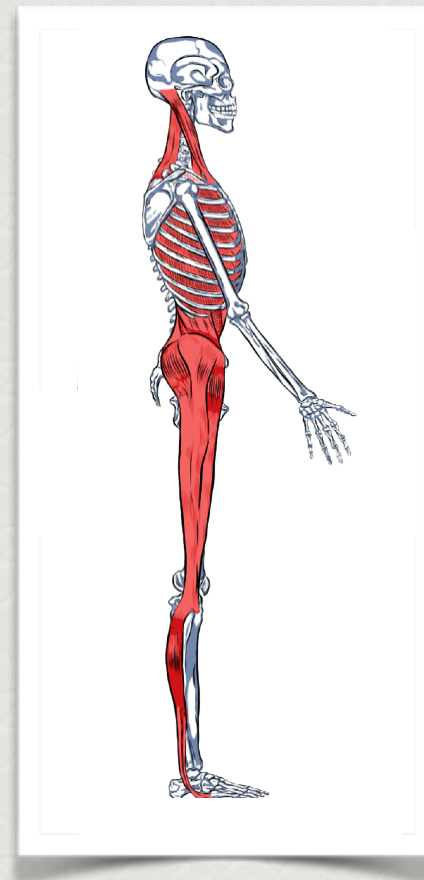
The Superficial Front Line & Stomach Meridian

- ★ Poses: Backbends, Warriors, Lunges, Squats, Chair, Boat, and Core Strengthening Poses are the primary pose category that stretches this line.
- ★ Anatomy: SCM in the neck, sternalis, abdominis rectus, quadriceps, tibialis anterior, short and long toe extensors
- ★ Functions: Strengthen the back and spine, increase energy, Cobra and Bow benefit the digestive system



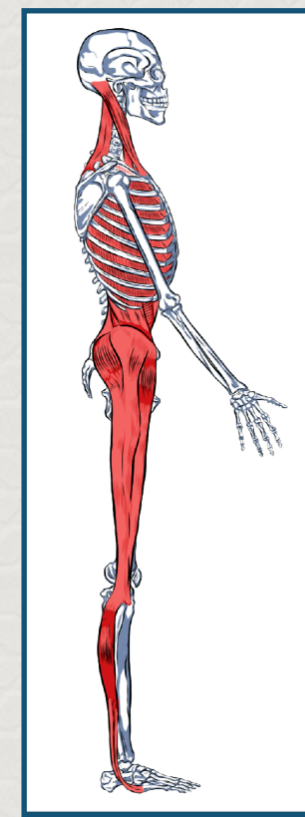
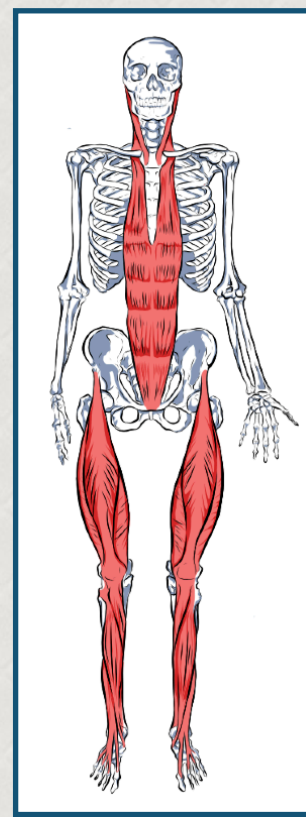
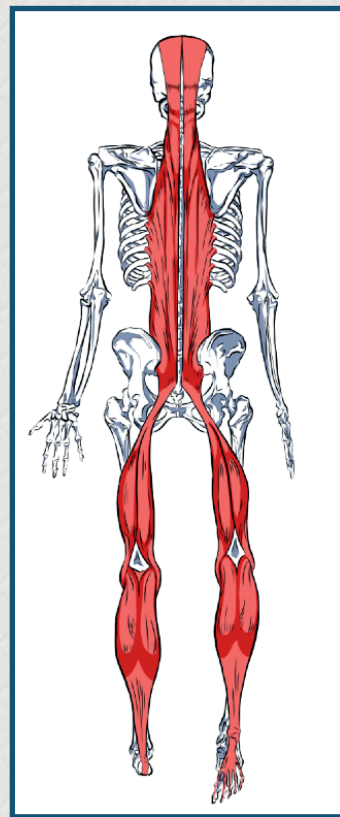
The Lateral Line & Gallbladder Meridian

- ✿ Lateral / Side Bends are the primary pose category for stretching this line. Twists are another major category.
- ✿ Asanas: Standing Side Bend, Triangle, Extended Side Angle Pose, Half Moon Pose, Gate Pose, Twists, etc
- ✿ Notes: Poses for the LL are essential to maintain a good balance between the front and back lines. Lateral bends are often under-represented in many yoga routines.
- ✿ These poses have a wide range of functions and can benefit the internal organs, spine, low back, pelvis, hips, neck, and head.



Neuromuscular Convergence at the Neck and Ankles

**Notice how the myofascial lines begin, end, and converge at the neck and ankles.
Similarly the nerve endings concentrate in the feet, neck, and brain.**



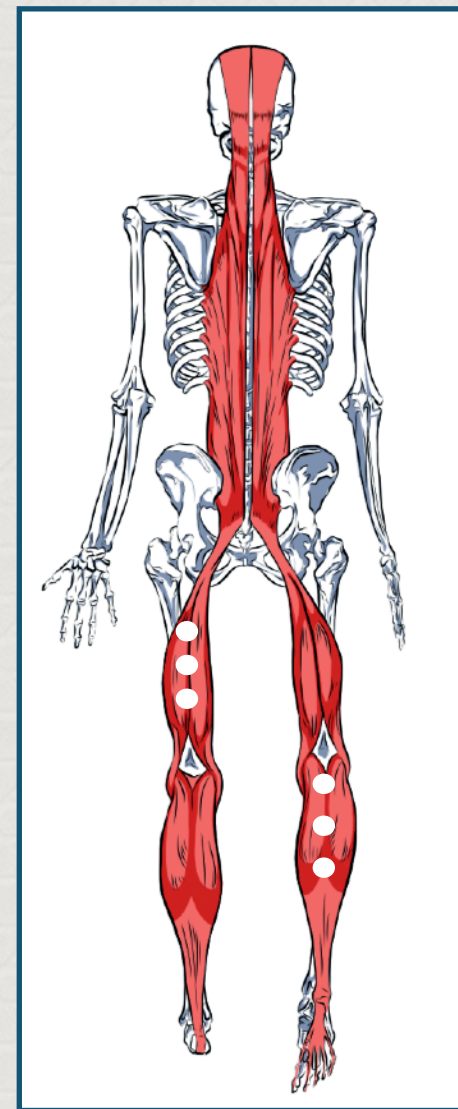
**Stimulation at the ankle points and regions can effect the neck and head.
Coordinate movements in the ankles and neck.**

Systems, Sequences, & Therapeutics

- ✿ When working acupressure into yoga for structural, fitness, and therapeutic benefits its useful to have systems and sequences.
- ✿ Systems: Find 3 - 5 exercises for each point group, fascial line, meridian, or functional muscle group.
- ✿ Use Repetitions and Sets; 5 - 20 repetitions for 3 - 5 sets; This is a standard used in yoga, physical therapy, massage practices, weight lifting, etc.
- ✿ Static holds in poses may be mixed in and held from 5 seconds to 2 minutes or even longer such as in yin yoga.
- ✿ When doing acupressure hold for 5 - 7 seconds.
- ✿ Create good sequencing for flow and balance.

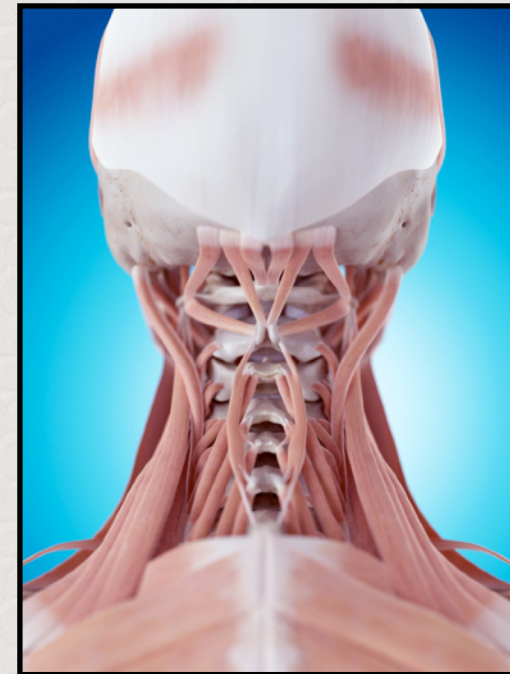
SBL / UB Meridian Regions and Points

- ✿ Primary Areas: Heels, leg, thigh, low back and sacrum, mid and upper back, neck, back of the head.
- ✿ Isolate different regions of the meridians and myofascial lines allows us to target specific areas, avoid injuries and aggravating injuries.
- ✿ Points on the achilles tendon benefit the neck and occiput.
- ✿ Points on the calves stop pain and tension in the mid-back between the scapula and spine. They are also beneficial for low back pain.
- ✿ Points in the hamstrings benefit the low back.



Achilles Tendon Points

- ★ Poses: Downward dog, forward bends, pyramid
- ★ Functions: Alleviate pain at the back of the head and neck, can also be beneficial for pain along the spine.
- ★ Movements: Dorsiflexion and Plantar Flexion - Dorsiflexion with stretch the achilles tendon and calves, while plantar flexion will contract the region.
- ★ Garland Pose & Down Dog as a place for foot in dorsiflexion and test the flexibility of the achilles tendon
- ★ Modified Thunder Bolt Pose

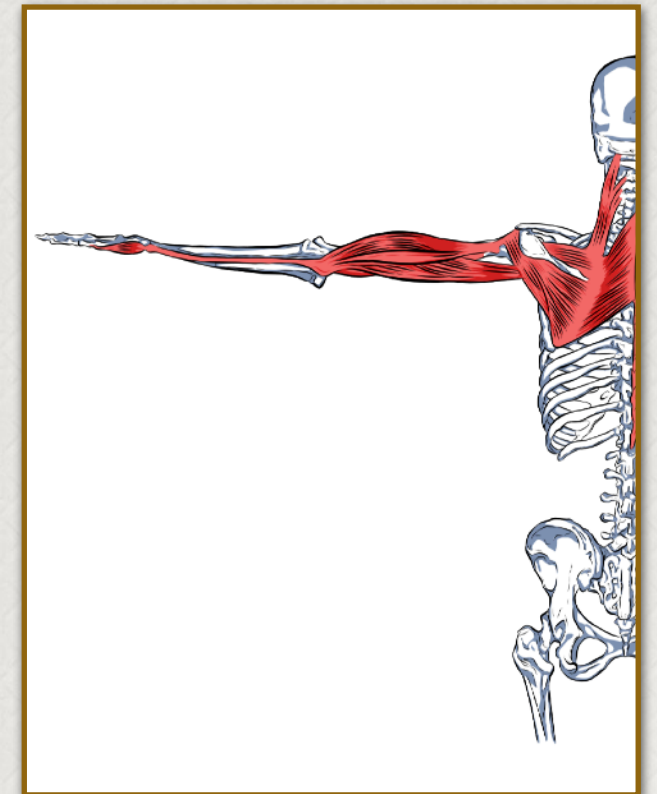
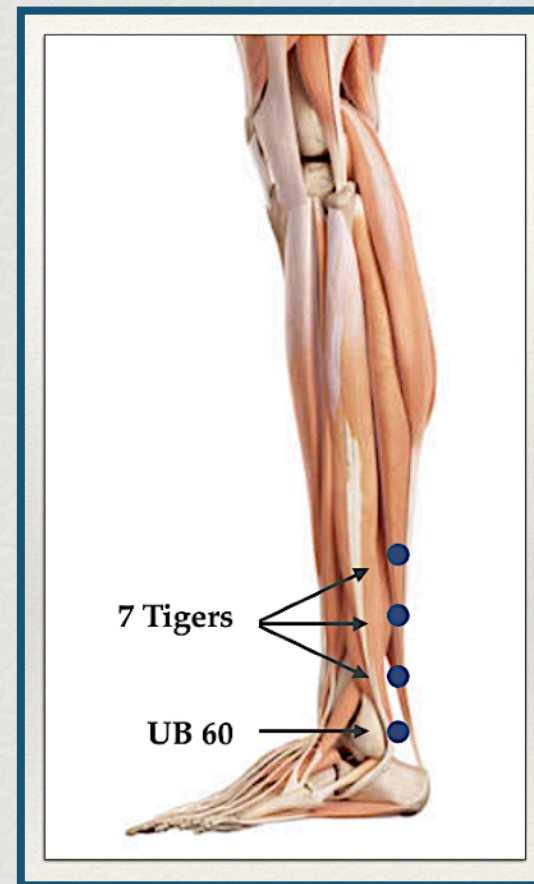


Sequencing: Down Dog to Virasana to Ustrasana to Seated Spinal Twist with Acupressure

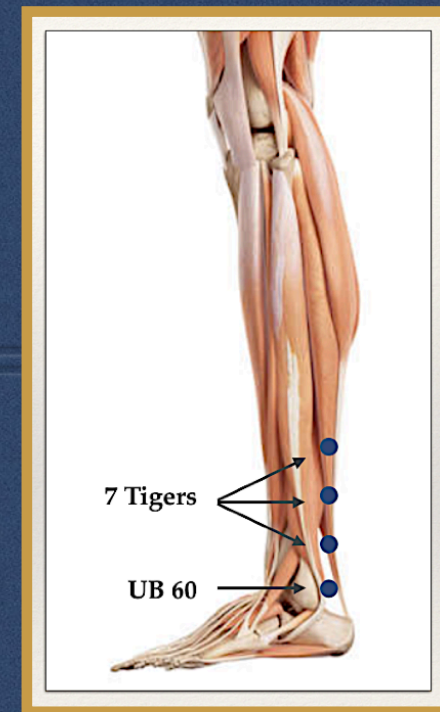
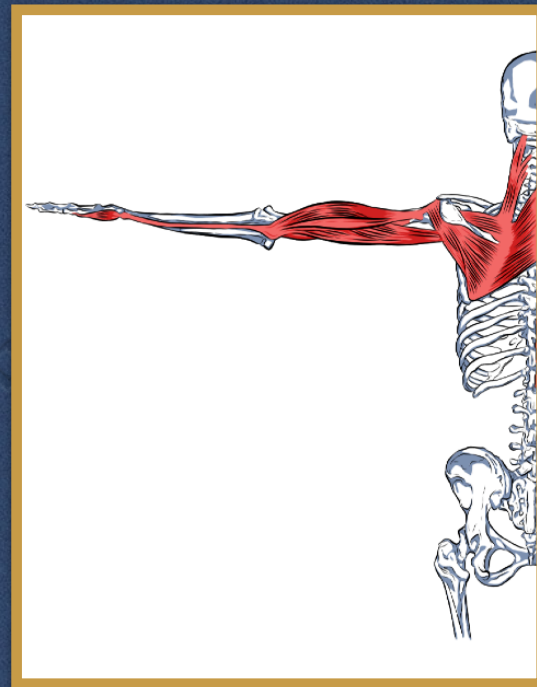
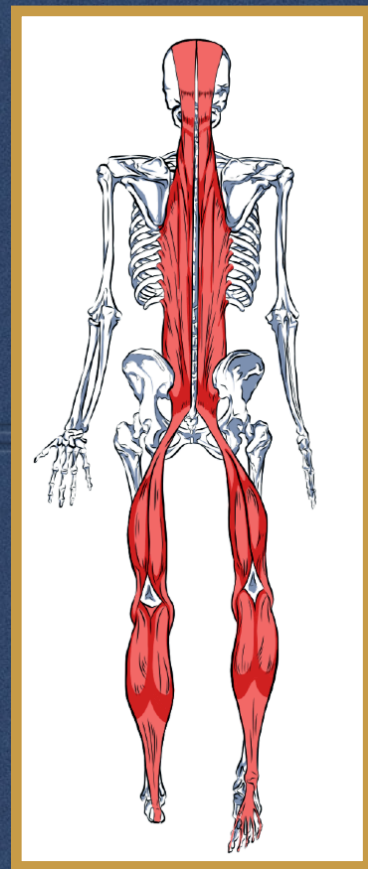
Myofascial Release on the plantar fascia will also effect the tendon.

7 Tigers (UB 58 - UB 60 Band)

- ★ Poses: Triangle, Warrior, Extended Side Angle Pose, Seated Twisting Poses for self massage
- ★ Functions: Neck and shoulder pain in the trapezius, upper back and scapular pain, lung disorders.
- ★ Standing Hip Extensions with rear foot at 45 degrees
- ★ Seated Twists Video with Self Massage
- ★ Down dog with modified foot position
- ★ Internal & External Rotation of the Foot

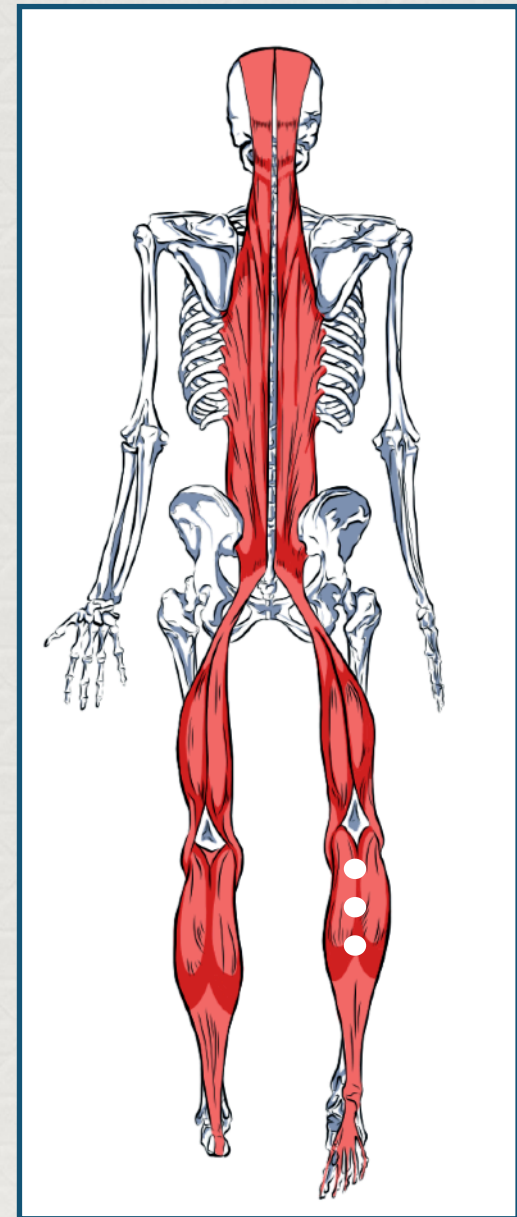


SBL / DBAL / Tai Yang



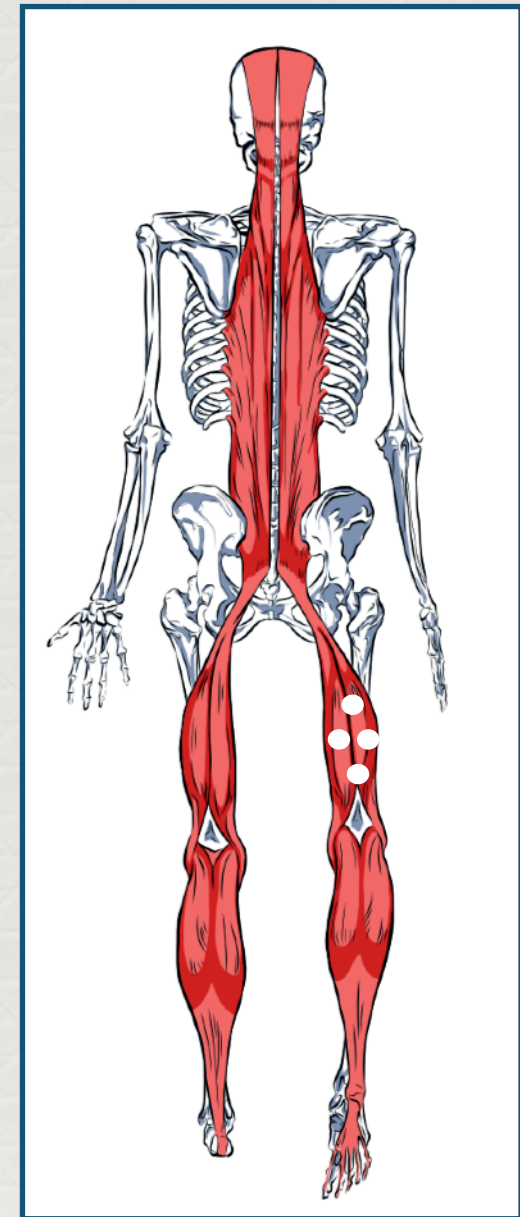
Knee to Calves (UB 40 - UB 57)

- ✿ Poses: Staff, Forward Bends
- ✿ Functions: Upper & Lower Back Pain
- ✿ Dorsiflexion of the foot will stretch the achilles and calves; Walking on the Toes / Plantar Flexion contract these muscles.
- ✿ Thunderbolt with fist pressure, tennis balls, and rollers
- ✿ Down dog with modified foot positions, Table Top with Calf Stretch, Standing forward bend with towel, Pyramid, Reclining Hand to Big Toe Pose
- ✿ Combine poses that stretch this region with hip rotations and gentle backbends



The Hamstrings

- ✿ Poses: Staff, Forward Bends
- ✿ Functions: Upper & Lower Back Pain
- ✿ Myofascial Release: Foam rollers and balls
- ✿ Contracting & Strengthening the hamstrings are often necessary. Especially when they have been strained or pulled. This may result from exercise, too many forward bends, low back injuries, etc



Calf and Hamstring Points

- ✿ For upper back pain emphasize the calf points and region. For low back pain target the hamstrings. However, any of the SBL leg points will benefit the neck and entire back, and trigger point location varies between people.
- ✿ Work with the most sensitive tender points.
- ✿ Myofascial release techniques using foam rollers and balls are especially effective for these points.
- ✿ After stimulating these points add poses like Upward Dog, Locust, Cobra, Camel, and chest openers. These benefit both upper and lower back pain and tension.
- ✿ For the upper back pain patterns follow with shoulder movements including: flexion, extension, abduction, adduction, internal and external rotations. The movements and poses will vary depending on each person's needs.

Poses for the SBL and UB Meridian

- ✿ Downward Dog
- ✿ Seated and standing forward bends
- ✿ Child's pose
- ✿ Staff Pose
- ✿ Pyramid pose
- ✿ Head to knee pose
- ✿ Standing half forward bend
- ✿ Wide angle poses
- ✿ Reclining hand to big toe pose

