

# BELLA YOGA

## Paul Grilley's "The Anatomy of Yoga" QUIZ

There are four themes that Grilley is concerned with. The two that are most stressed by Grilley are that of \_\_\_\_\_ and \_\_\_\_\_. The other two are \_\_\_\_\_ and \_\_\_\_\_.

The basic theory of Paul Grilley's work is that all variations of postures are legal.  
(T/F)?

Regarding your response to the question above, please explain why or why not with specificity.

How many skeletal structures make up the shoulder? What are their names?

Each major joint in the body has eight different styles of movement. Please define each of them:

1. Adduction:
2. Abduction:
3. Internal Rotation:
4. External Rotation:
5. Extension:
6. Flexion:
7. Elevation:
8. Depression:

Headstand and its proportion of weight through the arms and the head varies a great deal from person to person. The three main variables, however, are comprised of \_\_\_\_\_ in the cervical spine, \_\_\_\_\_ with the arms and \_\_\_\_\_ in the arms.

In arm balances, the length of the arms, also called the \_\_\_\_\_, is sometimes greatly facilitated with two blocks.

"The tail should not wag the dog." In terms of "the axis" and "the extremities", what does Grilley mean when he says this?

As yoga teachers, we should look at the hands and feet for a guideline to the entire body.  
(T/F)?

The two kinds of restriction a student feels in a posture are \_\_\_\_\_ and \_\_\_\_\_.

The eight major joints of the body are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

Compression occurs when two large area groups of muscle hit against one another.  
(T/F)?

According to Grilley, there is a very specific way that any given posture should look like.  
(T/F)?

Usually, a brand new student will not experience much "compression in their stretch because:

Previous injury or trauma to the body should never be addressed.  
(T/F)?

How has watching this DVD changed the ways you view or feel about your Yoga practice?

