



7 Principles of Alignment

Presented by Janet Leland

Leetree101@aol.com

Friday, May 30, 2008 3:00 PM–4:00 PM

Overview

In YogaFit®, we express hatha yoga postures using our Seven Principles of Alignment (SPA). These principles help to create the optimal biomechanical position for the body during movement and while holding the poses.

YogaFit Essence

- Breathing
- Feeling
- Listening to the body

3 Mountain Class Format

- Warm-up
- Work
- Seated and supine work and deep stretching

Seven Principles of Alignment

- Establishing base and dynamic tension
- Creating core stability
- Aligning the spine
- Softening and aligning knees
- Relaxing shoulders back and down
- Hinging at the hips
- Shortening the lever

Sample Class Incorporating the Seven Principles of Alignment

- Additional resources
- Any YogaFit DVD

**Please remember to submit a session evaluation.
Your feedback is important to us!**