Study Guide for Dance TQ 221, 222, Kin 251  
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Definition of Yoga  
Yoga/Yug, literally translated, means to **yoke or connect, the Mind, Body, and Self.** It is a philosophical system for personal development that originated in India, over 3,000 years ago. Yoga embraces spiritual, mental and physical disciplines.

Origin of Yoga  
The person most acknowledged for organizing Yoga is **Patanjali**, a teacher and scholar, believed to have lived in India around 220 BCE. He wrote works on medicine, grammar and yoga. His most important work, **The Yoga Sutras** are a collection of 196 aphorisms/sayings that discuss and summarize the philosophy of yoga. The **Sutras** form the foundation of the body-mind-self practice followed by yoga practitioners to this day.

The 8 Limbs of Yoga  
Patanjali divided the Sutras into four chapters: **Self-Realization, Practice, Accomplishments, and Liberation.** Chapter 2, **Practice,** describes the **8 Limbs of Yoga**, principles that guide personal transformation.

**Yama** – 5 ethical behaviors that if practiced consistently avoid harming others and ourselves.

* **Ahimsa – Non-violence**  
  Satya – Truthfulness  
  Asteya – Freedom from Avarice (stealing)  
  Brahmacharya – Control of Sensual Pleasure  
  Aparigraha – Freedom from Covetousness and Possession beyond one’s needs

**Niyama** – 5 personal disciplines that if practiced bring good to others and ourselves.

  * Saucha – Cleanliness  
  Santosa – Contentment  
  Tapas – Ardour, Self-Discipline  
  Svadhyaya – Self-Study, pursuing knowledge  
  Isvara-Pranidhana – Self-Surrender, Dedication

**Asana** – Practice of the physical postures that bring the body into physical and psychological balance.
Pranayama – Breathing techniques that bring harmony to the circulatory and respiratory systems.

Pratayhara – Detachment from the distractions and stimuli of the material world.

Dharana – Concentration  
Dhyana – Meditation, developing a quiet state of mind.  
Samadi – Self-Realization, the body, mind, and the soul reconnect and merge with the Universal Spirit.

The Purpose of Yoga  
The purpose of yoga is to AWAKEN THE BODY, to STILL THE MIND, and CONNECT TO THE SELF. Awakening the Body through a yoga practice enables us to become aware of body imbalances (from postural habits and chronic tension patterns). As the body is brought into balance, Stillness of the Mind, (quieting mental chatter) can begin and one is more able to Connect to the Self.

YOGA VOCABULARY

Asan/Asana – Translated as “seat,” a body position performed in yoga.

Bandha – Lock, binding, contraction; a posture where certain organs or parts of the body are contracted and controlled. (Mula, Jalandara, Uyidiana) Mula Bandha – pelvic floor lock.  
Chakra – Wheel/Cycle – energy centers of the body responsible for the regulation of PRANA in the human body. The chakras can be aligned to the Endocrine System of the body.

The Gunas – States of Mind: Sattvic – balance and ease  
Rajasic – agitation, highly charged  
Tamasic – dullness or inertia

Mudra – position of the fingers and hands.

Namaste – Sanskrit word for greeting (“The light in me salutes the light in you”), hands in a prayer position, over the heart.

Prana – Life force that flows through the body that is energized and directed through the body through the breath.

Samskara – the repetition of old habits, old behaviors
**Surya Namskar** – Sun Salutation sequence of asanas performed in one progression. Surya is the sun god.

**Vinyasa** – Series of asanas performed in a flowing routine.

**ANATOMY TERMINOLOGY**

**Abdominal Muscles** – Four groups of muscles that assist in abdominal support:
- **Rectus Abdominus**: attached at sternum and pubis – responsible for spinal flexion.
- **Internal/External Obliques**: muscles that run diagonally into the navel, responsible for lateral flexion and rotation
- **Transverse Abdominus**: Deepest layer of abdominal muscle, most important for core support, runs horizontally around the pelvic girdle.

**Arm** – **Biceps** – Muscles on the upper/inner arm.
- **Triceps** – Muscles on the outer/upper arm.

**Countertension** – use of oppositional forces of muscular action felt throughout the body when performing, (body-level demonstration of the yoga principle of **UNIFICATION OF DUALITY**).

**Diaphragm** – Principle muscle of breathing, horizontally attached at lowest border of the ribcage. The diaphragm causes three-dimensional shape change in the thoracic and abdominal cavities.

**Fascia** – fibrous, connective tissue that runs through the body, surrounding cells, organs, and muscles.

**Gluteals** – Three layers of muscle on the back of the pelvis:
- **Maximus/outer**, **Medius/middle**, **Minimus/inner**

**Legs** – **Quadraceps** – muscles on the top of the thighs.
- **Hamstrings** – muscles at the back of the thighs

**Pubic Symphsis** – the meeting place of the lowest part of the two halves of the pelvis.

**Sacrum** – triangular plate of five fused, vertebral bones at the base of the spine, above the tailbone.

**Scapula** – shoulder blades

**Sitz Bones** – right and left boney “bumps” at the base of the pelvis.
**Sternum** – horizontal bone connecting ribs in the front of the body.

**Trapezius** – Tri-group of muscles that run along the upper and middle back. **Upper Trapezius** – muscle on the top of the shoulder.