

Anatomy Workshop Notes (2005)

MES – minimal energy state, learned and mechanically produced

Effort in each asana – not struggle, minimal strength needed to engage experience. If you do more than you block the flow of prana.

We are nothing but expressions of energy and proper alignment is key.

Static structures

Bone – alive, porous, marrow (fat nerves, blood),

Everyone has different bone density

In Eastern medicine marrow is the most imp't and the spinal chord is the center of the body.

Eastern – process

Western – static and concrete

Muscle – moves bones, attaches bone to bone with tendons

Muscles can only contract.

Ligament – attaches bone to bone with no muscle in between

When a ligament exceeds its normal limit it is called a sprain

Cartilage – cushion/padding transmitter of forces, in between bone to bone

Fascia – protective layering all over the body made of connective tissue, strongest canvas ever made. Sheaths all over body, deep breathing in postures opens up the fascia. It can thicken and lengthen as muscles can strengthen and lengthen. Fascia holds stuff together and compartmentalizes

- joint capsule/joint shape: strong connective tissue around a joint, shape of joint dictates movement.

- Bursa – sacks of fluid that cushion joints