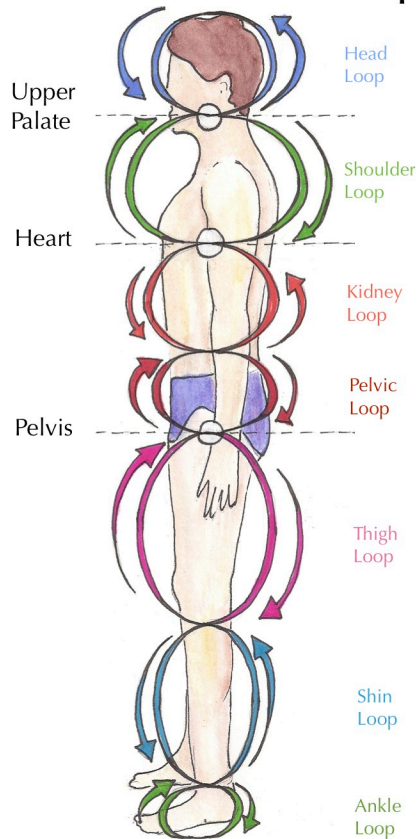


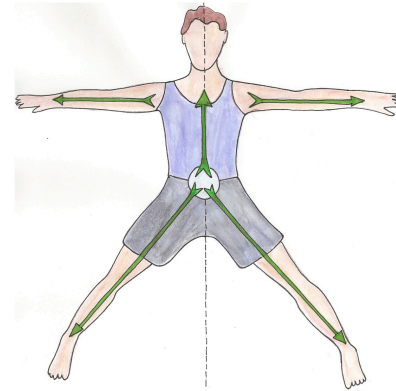
YOGA POSTURE ALIGNMENT PRINCIPLES

Focal Points	= 3	Different poses require a different focal point.
Body Segments or Loops	= 7	All poses use the same loops.
Muscular Energy	=	First draw energy toward the focal point
Expressive Energy	=	Then express outward from the focal point

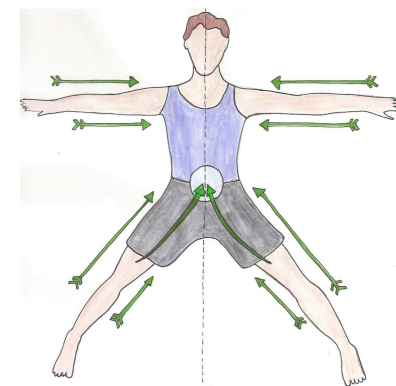
Focal Points & Loops



Expressive Energy



Muscular Energy



Pelvic Focal Point



Heart Focal Point



Hard Palate Focal point

