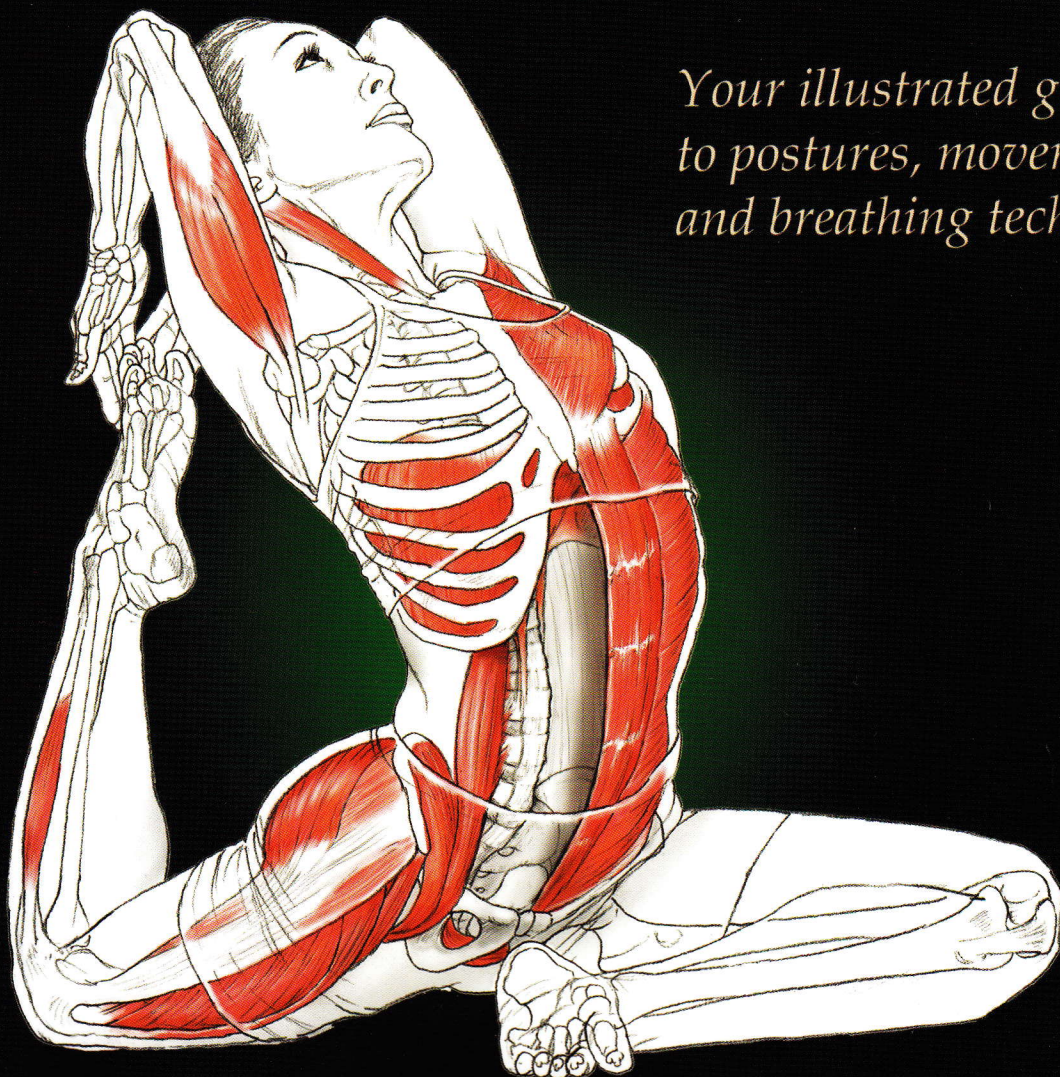


# YOGA Anatomy

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*Your illustrated guide  
to postures, movements,  
and breathing techniques*

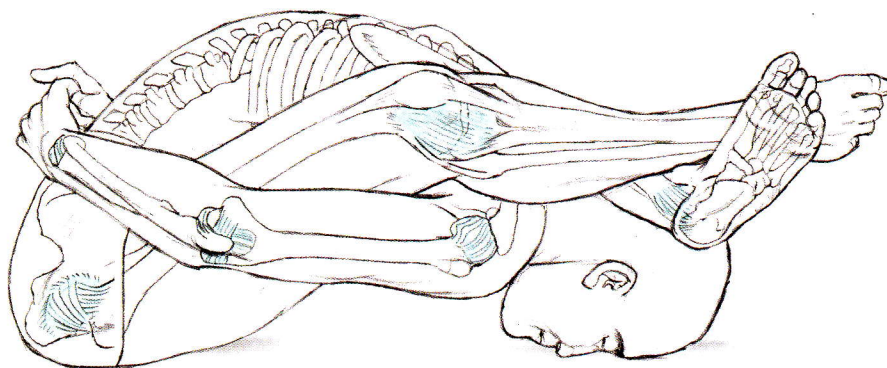




## Kurmasana Variation

### *Supta Kurmasana*

#### Reclining Turtle Pose



Joint capsules are shaded in blue.

#### Classification and Level

Advanced seated forward bend

#### Joint Actions

Full spinal flexion; sacroiliac nutation; hip flexion, external rotation, adduction; knee flexion; ankle dorsiflexion; scapula downward rotation, abduction; glenohumeral internal rotation, extension, adduction; elbow flexion; forearm—left in pronation, right in supination.

#### Working

Gravity, and the tensegrity of the posture, which is bound.

To enter the pose, spinal flexors (psoas major, rectus abdominis, obliques internal and external) are activated.

**Legs:** Adductor longus and brevis to externally rotate, flex, and adduct, with help from the obturator externus and quadratus femoris (of the rotators, the ones that do the most adduction).

**Arms:** Subscapularis, to internally rotate the humerus; pectoralis minor, to downwardly rotate the scapulae; teres major, to internally rotate and extend the arm; posterior deltoid, to extend the arm; triceps long head, to extend the arm.

#### Lengthening

Hamstrings, gluteus minimus (due to hip rotation and

All spinal extensors.

The anterior deltoid (extension of the scapulae).

#### Obstacles and Modifications

Using the latissimus dorsi to interfere with the flexor extensors.

This pose has tension at the sacroiliac joint, and, the shoulder joint. The subscapularis protects the joint from

The more freedom of movement, force will be directed

The bound posture creates potential stress in the spine, overworking the muscles.

If there isn't enough flexibility, overflexed to get

#### Breathing

Good luck. Actually, you don't have much control. It is actually advisable to stress an already