



ANATOMY

Mindful Movement, Anatomy Tips & Shred Specifics

ANATOMY IS UNIVERSAL

- The information contained is not just about a style, it's based on human biomechanics and anatomy.
- Thus, whether you teach yoga or this or that style, it will be useful for you to know the basics of next-level movement - a roadmap of how your body (and your student's bodies) are designed to work best.
- We also created the Yoga Shred® style with the same principles.
- The intent of all teachings here is to provide your clients with more effective results by enhancing their power, and at the same time, to save their joints for a lifetime of practice. *We aim for longevity not just achievement!*

THE DEEP CORE LINE (DCL):

- A myofascial (muscle + fascia) meridian, or connected line of muscles, and connective tissues (fascia, tendons, ligaments) that all intercommunicate through the center of your body. This line, discovered by the anatomy work of Tom Myers in his book *Anatomy Trains®*, is also called the Deep Front Line.
- The Deep Core Line is a bridge: the only meridian that crosses the pelvis, and connects your legs to your spine (via the psoas). All other lines (superficial back line, superficial front line, spiral line, and more) break their connection at the legs or pelvis.
- Thus, your DCL is your most holistic, supportive, and joint-decompressing line. It creates more space in your joints, and shares movement across more joints, instead of fewer.
- This means that this line is not only the deepest, it creates more freedom, lightness, and power in any form of movement, from yoga to Shred and beyond.
- Yet most instructors have no idea it exists, much less how to teach from it.

THE DEEP CORE LINE

(Also called "The deep front line")

Main points:

- Deeper arches of feet
- Inner ankles
- Behind the shinbone
- Inner thighs
- Psoas
- Quadratus Lumborum (QL)
- Pelvic floor
- Front spinal ligament
- Breathing diaphragm
- Heart, Lungs, throat
- Tongue

Or if you want to get geeky...



Bony Attachments:

Cranium

Basal part of occiput

Hyoid bone

Posterior Sternum

Bodies of:

Cervical vertebrae

Thoracic vertebrae

Lumbar vertebrae

Sacrum

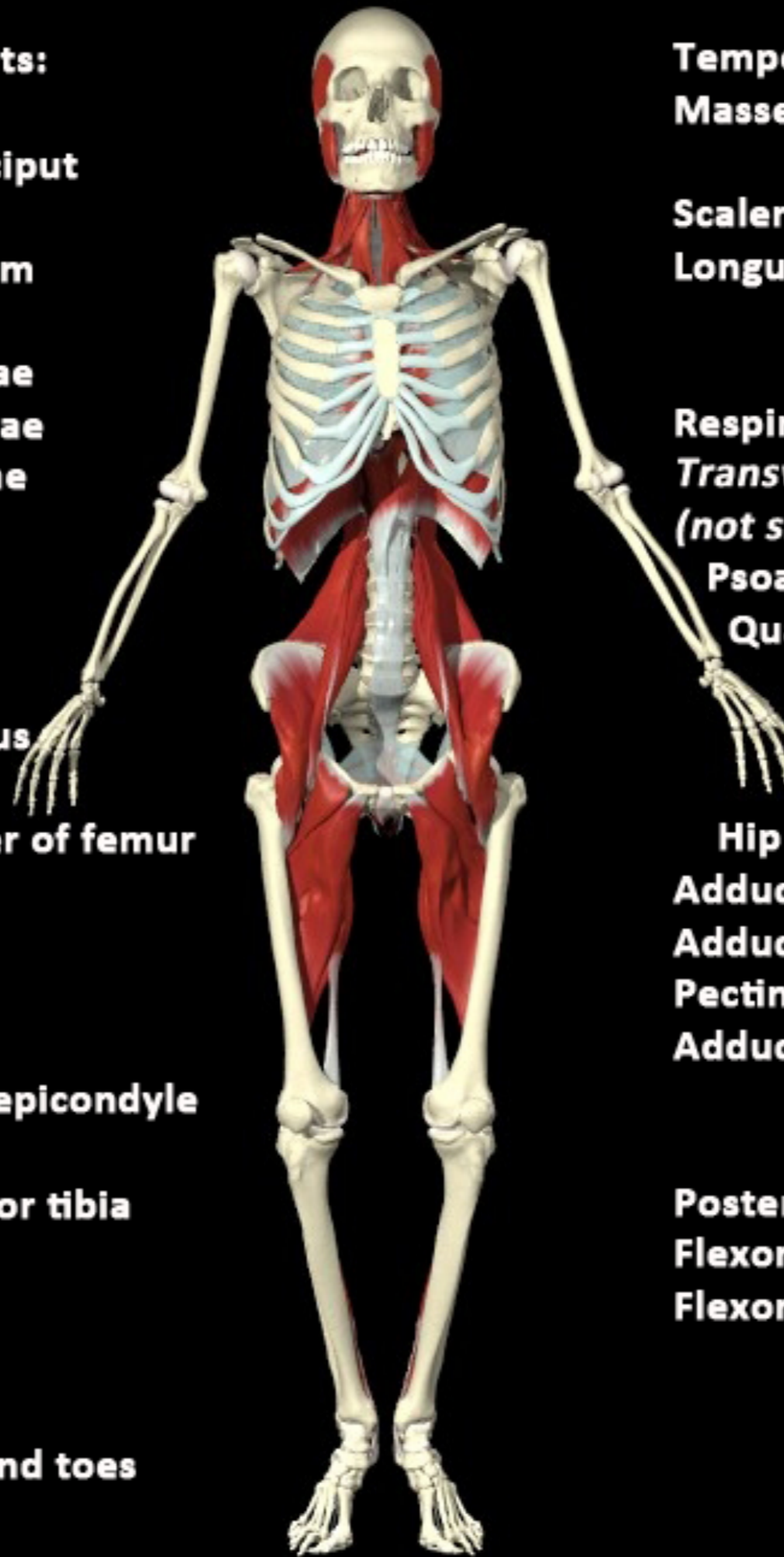
Ischiopubic ramus

Lesser trochanter of femur

Medial femoral epicondyle

Posterior-superior tibia

Plantar tarsals and toes



Temporalis

Masseter

Scaleni, hyoid muscles

Longus colli and capitus

Respiratory diaphragm

Transversus Abdominis

(not shown)

Psoas Major

Quadratus Lumborum

Iliacus

Pelvic floor

Hip Adductors:

Adductor Magnus

Adductor Brevis

Pectineus

Adductor Longus

Posterior Tibialis

Flexor Hallucis Longus

Flexor Digitorum Longus

SO HOW DO YOU INSTRUCT THROUGH THIS LINE IN YOUR SHREDS?

This concept is a whole training in itself.

If you want a much deeper dive into how to understand and cue movement, **consider taking our Core Strength Vinyasa Yoga® Online Teacher Training** - even if you don't teach yoga.

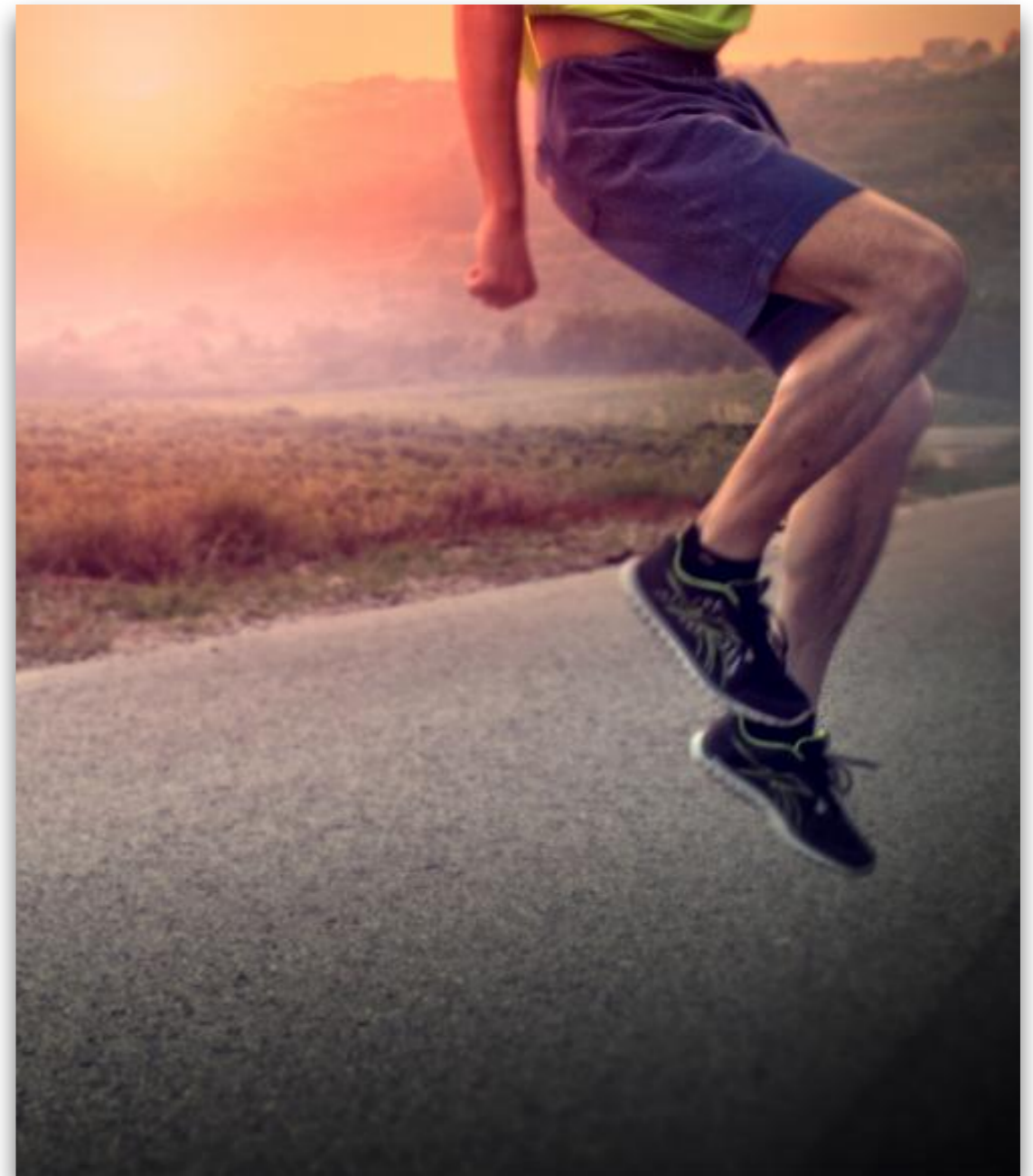
This will inform you about how to move bodies into poses, whether yoga or fitness - in *transition instruction*, between the poses, where 90% of all alignment is possible.

Our 7 Core Cues work in all types of movement to ensure you're keeping yourself and your students safer and stronger.

BUT for your purposes now, here's a foundational education with main points to begin practicing, that will start you off right and help you teach the Yoga Shred® with optimal ordering of your cues:

THE PHYSICS OF POWER

- To teach the Yoga Shred® optimally, you want to use the laws of nature & gravity to your advantage.
- **Watch Sadie's video about the Physics of movement /Ground Reaction Force (GRF)** to help you harness the power of physics in each movement.



HOW TO ACCESS THE GRF:

- When teaching, focus on these instructions, in this order:
- Bend the supporting limbs in preparation of the next pose (arms in Down Dog before a jump forward).
- Exhale and push limbs straight through supporting foundation (hands or feet), and activate/lift pelvic floor and low belly to keep pelvis in place as you do.
- Try it **kneeling, hands on the floor**—try to lift to sitting, and **standing in Mountain Pose**—try to jump!



INTELLIGENT IMPACT

Watch video with Sadie on this topic.

Now that you've accessed greater power - it's important that you use it wisely and don't overdo it.

- ***Intelligent impact:*** Land like a cat
- ***Safer joint impact:*** Knees and hips slide back the instant you land or prepare to jump.

Encourage your students to focus on these points in every class.

HOW TO BREATHE

We use a few main breath types, but you have to do what feels right for you and change it up as needed.

- **Nose Breathing:** Used with a closed mouth and action at the back of throat (as if fogging up a window). This provides more resistance for cardiovascular muscles and slows down the intake of breath. Great for slow or moderate movement - until heart rate rises. Balances brain and nervous system. Common in yoga classes. Also overused.
- **Mouth Breathing:** More oxygen. Crucial for moderate to fast movement and when heart rate is high. Switch to this as soon as your Shreds cause the heart to beat faster and you feel you need it.
- + **HA! And Tongue out “Fierce Lioness Breath”:** Provides energetic release, stimulates Deep Core Line, amplifies fierceness and focus. Works the abs.
- **Exhale on exertion/impact:** Better to contract abs and pelvic floor to protect pelvis, sacrum and spine when exerting the most pressure on them (jumping back or forward, kicking a leg, knee into chest).
- **Belly Bonfire Breath:** General principle of inhaling into belly, pelvis and low back and exhaling from contraction and lift in the pelvic floor and low belly muscles. Do this when possible to release and stimulate abdominal and pelvic cavities. Good for heat, digestion, self-centering, detox and spinal stability. Also the way you were born breathing and then most adults grow up, get stressed, forget their belly and breathe into their chests only.



THE BELLY BONFIRE BREATH

This is an anatomically optimal breath you can use as an alternative to always breathing up into your ribcage. When it's accessible during times of slow to moderate practice, use it to balance and re-center and ground into your core.

This breath also helps strengthen and open your pelvic floor, low belly and sacrum.

1. Start by sitting comfortably.

Imagine that you have a flame burning deep at the center of your low belly and pelvis.

2. As you inhale, relax and breathe into this flame. Imagine it getting warmer, bigger, and wider, expanding your low belly, pelvic floor, hips, and lower back. Don't force this action—*allow* it.

3. Exhale, hug and lift the pelvic muscles in and up, as if trying to lift the flame up higher - behind the navel.

4. You can add arm movements to help visualize the flame growing and shrinking.

Start by holding hands together, one stacked on top of the other and palms facing up, in front of your navel.

During the inhale, bring arms out and down as if holding a flame in your palms in front of your lower belly.

During the exhale, curl the top hand into a fist and the other cups it from the bottom.

Pull these upward a few inches to encourage a reminder that your pelvic floor and low belly are contracting inward and upward on every exhale.

CORE STRENGTH VINYASA YOGA FOUR FOUNDATIONS



WHAT IS CORE STRENGTH VINYASA YOGA?

Core Strength Vinyasa (CSV) Yoga is a modern approach on traditional yoga created by Sadie Nardini. The focus lies on the transitions - how you enter in and out of each pose and the journey between them.

These principals are based on revolutionary research in anatomy and biomechanics.

CSV yoga incorporates many aspects from traditional yoga in a strong flow where your own expression, joy and uniqueness is a big part of the philosophy.

CSV yoga includes: Physical and energetic alignment principles, including Sadie's own signature CSV Core Philosophies. These principles can be used to boost your already existing yoga practice.

Sadie has created these transitions with the purpose to help your refrain from injury, de-compress your joints and help loosen tension in your outer body (superficial body) and instead, activate your inner core body to support your spine and joints from the inside out.

The activation of the Deep Core Line and moving from the ground through the Four Foundations will create a stronger yet lighter and more supported practice.

As a teacher in this style, you would help and guide the students to seek inwards to find their own core strength on a deeper and philosophical level to become the rockstars of their own life both on and off the mat.

THE FOUR FOUNDATIONS OF CSV YOGA

NEUTRALIZE - GROUND - CORE - EXPRESSION

"The fantastic four"

NEUTRALIZE

To be able to build your poses body from the ground up and to activate the DCL (Deep Core Line) **we have to first soften.**

We **bend our limbs** and surrender down to the earth to neutralize the body (prepare it like a clean slate) before moving to the next foundation. This is most important in the limbs that will be the main support of the pose.

You can always return to this place, at any time, to rebuild your pose to make it more stable and align your pelvis, spine, neck and skull in an optimal way.

GROUND

This is how we meet the earth.

Ground down through the bony points of whatever is in contact with the floor:

Feet: Three points of the foot: ball under big toe, ball under pinky toe, center of heel.

Hands: Outer ring of palm where all fingers join palm, fingertips. Second knuckles can lift.

For Arms: Press equally down, palms and forearms to the ground.

Sitting Bones: Two points of the sitting bones left and right, but also move pubic bone and tailbone toward floor evenly.

CORE

After you ground down, you want to collect the power arising from the first 2 Foundations (The GRF) into the core and up the spine.

The grounding action causes a wave like motion rising up through the deep core muscles of the foundational limbs until they meet the pelvis and lumbar. The next **3-Part Core Lift** activation (each area counterbalances the other) creates a pelvis that, for whatever pose you are in, is not overstretching, or constricting the gateways of the hip joints, nor compressing the sacrum or lumbar curve.

Psoas: This is the main action that we make, and it's balanced out by the other two. Moves front of Low Back Spine IN and UP - activates low abdominals and lengthens tailbone.

Pelvic Diaphragm - Secures the pelvis from the inside.

QL (Quadratus Lumborum): Draws low back curve and sacrum IN and UP.

This will harness the GRF from limbs through the well-aligned pelvis and wave the spine long **from pelvic root to crown.**

EXPRESSION

Many teachers and students make the mistake of trying to "make expression happen" before setting the foundation, or activating the inner thighs and core.

Example: "fly!" In Crow Pose. Or "Just jump up!" When legs are straight.

What we want is a lightness in every pose and **that can only be achieved when you are connected from the ground, through the activation of your deep whole body core line.**

We don't rush towards the "goal" of lightness. The key of CSV Yoga and the Yoga Shred is that we know that expression cannot be forced, or gripped into, but is an almost effortless outcome of supreme effort in the surrender/foundation/core actions working together.

Prioritize quality in every movement over "getting there".

Practice the correct order of the Four Foundations and you'll create the outcome you desire.

Once the core energy is ignited, it will wave up the spine and limbs, which then will allow you to move into your full expression of your final pose.

PRACTICE THE 4 FOUNDATIONS

With Karin's video flow!



SAFETY AND PRECAUTIONS

- **Full-intensity Tabata training is best for strong intermediate to advanced practitioners who are comfortable with high-intensity exercise.** The intensity accumulates, peaking near the end. It's easy for the intensity to become too challenging if you're not used to this type of training.
- That said, you can (and we suggest to always) **give intensity and movement modifications for beginners**, and anyone who needs to build up cardio, strength and stamina. We even have Yoga Shred® Chair teachers!
- **If working with beginners**, it is best to assess the client's current level of fitness and physical conditioning and introduce this style of training slowly and progressively. An on-ramp period is recommended for beginners.
- It is necessary to consider if you go "all out" during the high intensity intervals, the 4-minute cycle should feel very physically confronting, especially near the last 4th (on one side) and/or 8th round level, It may be too intense for some people to do all rounds and they will need to rest out of rounds, back it way off, do less movement more intensely at their own level of "intensity" - and build up to more.

- **There is always a risk of injury when you're doing higher-impact, high-intensity exercise.** We aim to moderate that risk in the Yoga Shred® by instructing subtler landings and better joint alignment in every pose. Do not rush your students into the Shred. Show them the alignment first, then the first round is always slower and to check good form (students checking themselves and also you checking them).
- It is imperative to **always have a proper warm up and cool down period in EVERY class taught**, and counter-stretching movements between every Shred 4-minute round and after each 20 second period. Four minutes of the same exercise, even with rests in between, can become monotonous and quickly fatigue the muscles. This can cause form (and motivation) to suffer if you or your students aren't mentally prepared or warm enough. *It's better to do fewer rounds in good form than push it to do more in poor form.*
- With a multitude of underlying physical health issues, **assessing health history with private clients is extremely important** and minimizes instances of injury.
- But remember that you are not a doctor. If a student comes to you with an injury or medical issue or concern, always, and we can't stress this enough - **ALWAYS ask your student to get cleared by their doctor before attempting this (or any) type of exercise.**
- **Waiver.** We include a sample waiver for you on the next page. Create a waiver of your own, and have each new student sign it. It's better to have specific coverage for your classes than to rely only on the blanket waiver the studio may have them sign.

SAMPLE CLASS WAIVER

WAIVER OF LIABILITY FOR THE YOGA SHRED® TRAINING AND CLASSES

In consideration of the risk of injury while participating in The Yoga Shred® (High Intensity Interval Training, Anatomy Lessons and Yoga) classes or trainings (hereby referred to as “the Activity”), and as consideration for the right to participate in the Activity, I hereby, for myself, my heirs, executors, administrators, assigns or personal representatives, knowingly and voluntarily enter into this waiver and release of liability and hereby waive all rights, claims or causes of action of any kind whatsoever arising out of my participation in the Activity, and do hereby release and forever discharge ((YOUR NAME HERE)), hereby known as Instructor, any affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors, family members and assigns (All hereby referred to collectively as “the Team”) for any physical or psychological injury, including but not limited to illness, paralysis, death, physical harm, damages, economic or emotional loss, that I may suffer as a direct or indirect result of my participation in the Activity, including traveling to and from any event related to the Activity.

I acknowledge that the Activity may involve a test of my physical and mental limits, and may carry with it a potential for death, serious injury and loss. The risks may include but are not limited to those caused by strenuous exercise, flexibility training, terrain, facilities, temperature, weather, lack of hydration, condition of participants and myself, high impact exercise, high heart rate, and the actions of the Team members, present or not present.

In the event that I should require medical treatment, I agree to be financially responsible for any costs incurred as the result of such treatment. I am aware and understand I should carry my own health insurance and consult with my doctor before beginning any exercise program or training. I understand that yoga and High Intensity Interval Training, or HIIT, which are in the Yoga Shred® workouts and trainings, can be confrontational on the body, heart rate and may exacerbate other physical conditions.

Nonetheless, I assume all related risks, both known to me and unknown or unlisted here, of my participation in the Activity.

I ACKNOWLEDGE THAT I HAVE CAREFULLY READ, UNDERSTOOD AND AGREE TO THIS WAIVER OF RELEASE, AND FULLY UNDERSTAND IT IS A RELEASE OF LIABILITY OF THE ENTIRE TEAM. I AGREE TO VOLUNTARILY WAIVE ANY RIGHT THAT I HAVE TO BRING A LEGAL ACTION OF ANY KIND FOR ANY REASON AGAINST ANY MEMBER OF THE TEAM.

Signed (Participant) _____

Signed (Instructor) _____

Date: ____/____/____

COMMON MISTAKES MADE IN YOGA SHRED CLASSES

I. Not Pushing Hard Enough

Simply put, healthy and fit Yoga Shredders shouldn't be able to talk and should definitely be very out of breath during a Tabata workout. Students should be working themselves at about 90-100 percent effort in each 20 second round...**or they are working up to this at their current level of fitness.**

The heart rate will be very high, so one's system needs to be able to tolerate this level of intensity.

The reason Yoga Shred® practitioners need to work so hard during Tabata is because it's truly the only way to get the maximum results in such a short period of time. Remember that this is the optimal intensity, however, you or your students need to build up to it over time.

Studies show that there is a direct correlation between the intensity of the exercise performed and your results, with the best results coming from strenuous resistance exercise performed in bursts. In terms of fat loss results, one study from the University of New South Wales Medical Sciences found that HIIT burned three times more body fat than steady state cardio!



COMMON MISTAKES MADE IN YOGA SHRED CLASSES

2. Believing Yoga Shred MUST Be High Impact

High intensity doesn't mean high impact.

While high-impact moves like jump squats are a fantastic way to get your heart rate up quickly while also building muscle, your entire Tabata workout doesn't have to be filled with them. Low-impact moves like walking lunges, chair squats, chair twists, and goddess squats will get your heart rate rocking! Even when you do jump, you can land more like a cat than a ton of bricks!

3. Not Enough Recovery

Yoga Shred® workouts are intense when you're doing them correctly. It's because of this intensity that most people see quick results. Unfortunately, this leads to the mindset of "more is better," which makes people start to favor Yoga Shred® workouts over everything else and do it too much and/or don't take days off.

The body needs 24-hour recovery periods in order to repair, which is where you will see the actual strength and fitness gains you seek. If you do too much, you can more easily become injured, extremely fatigued, or thoroughly burnt out.

Instead, incorporate a Yoga Shred® session (up to 4 Shreds with a warm up and cool down) 2 to 4 times per week as a way to shake up your workout or yoga routine and boost cardiovascular performance and fat loss. Take at least 1-2 full rest days off per week of this—and any exercise.

COMMON MISTAKES MADE IN YOGA SHRED CLASSES

4. Not Enough Warm Up and Cool Down

While the Yoga Shred® quickly heats the body and “stokes the fire,” it is important to ensure an effective warm up period to hydrate and lubricate the joints and muscles. This decreases the risk of injuries or strain to connective tissues. We recommend at least 10 minutes of mindful warming up before attempting the Shreds.

A proper cool down period is just as important as the warm up. This allows the heart rate to decrease and return to a comfortable resting state. Use the precious heat from your practice to stretch properly in order to prevent build up of lactic acid, muscle cramping, and muscular strain later. The cooling sequence allows for increased oxygen consumption to nourish the body while keeping the metabolism in high gear. We recommend at least 10 minutes of concentrated counter-stretches and restorative poses after the Shred practice.

5. Forgetting to Breathe Properly

In order for muscle to function properly, they require a greater amount of oxygen intake during physically demanding activities such as, the Yoga Shred®. This is why we ask students to switch to full mouth breathing as soon as the heart rate begins to rise.

Nose-only “yoga” breathing is too restrictive and students won’t get enough oxygen.

Proper breathing is a key component during Yoga Shred® classes and frequent cueing and drawing consistent awareness to the deep inhale/exhales through the mouth is crucial during intensity.

JOINT CHECK YOUR STUDENTS' WRISTS.

- **Watch the Wrist Check & Clear Video with Sadie.**
- Wrists are among the most vulnerable joints in yoga and HIIT movement.
- **Bony Compression Check For Wrists:** Forearm parallel to the floor, palms together, one hand presses the hand on the parallel forearm to see how close to 90 degrees it can get before the student feels pressure, resistance or pain in their wrist joint, usually at the top of the wrist where the hand meets the forearm. If a student can't get their hand comfortably to 90 degrees (perpendicular to the floor), they should never stack shoulders over wrists. Even then, it's simply safer to do the following:
- **Solutions:** Back shoulder angle off in all hands-down Shreds and when jumping back or forward, maintain this alignment. .
- Ex: Plank: Instead of stacking shoulders over wrists, move them back in space so the front of the wrists are not so compressed.
- Place 2 yoga blocks at the front of the mat and hang on with wide fingers and wrists pointing forward. This elevation helps wrists and shoulders decompress
- Again, if students need alternatives, lunging back and forward in Burpees instead of jumping down on the hands, Scissor Twists on the back instead of Running Plank, and forearms down instead of hands when it works can all be great modifications to offer.