

# APPENDIX A: YOGA ASANA HANDOUT

IYENGAR YOGA FOR WRITERS\*

Before writing/at the beginning of yoga/ writing practice

- Set an intention for your practice
- Bring attention to the breath

Mountain Pose



When you get stuck, can't concentrate or need a break

- Upward Salute: from standing, extend your arms overhead
- Upward Bound Fingers: from standing, interlace your fingers, turn your palms away from you and stretch your arms overhead

Tree Pose

Warrior 2

Triangle Pose

Warrior 1



## Benefits

Physical: Create stability, develop strength and stamina

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\* This handout was co-composed by the author and her certified Iyengar yoga instructor, Holly, who graciously helped teach the “yoga for writers” practices referenced in this interchapter. This handout does not represent all the variations of yoga taught to writing students, but does show one format introduced at the start of the semester.



Mental/Emotional: Improve concentration and focus  
**When you need to think through counter-arguments or expand your perspective**

Pyramid Pose  
Downward-Facing Dog

Wide Leg Standing Forward Bend  
Standing Forward Bend

Benefits

Physical: As above and relieve fatigue



Mental/Emotional: Build mental stability and clarity



**When you come back to revise a piece of writing**

Staff Pose

- Variation: Extend arms up overhead, then bend forward from the hip crease and hold the outer edges of the feet.

Head-to-Knee Forward Bend

- Sitting upright, extend arms overhead, then fold forward from the hip

crease and hold the outer edges of the foot, then bend the elbows up



and out to the sides to take the abdomen and the chest to the thigh and the forehead and chin to the shin.

Benefits

Physical: Lengthen the hamstrings; create extension in the spinal column,



open the body; relive fatigue; relieve stress

Mental/Emotional: Relieve fatigue; quiet the mind

**Ending a writing session**

Final Relaxation Pose

- Lie down on the floor and rest deeply.
- Breathing I, II, III (I=becoming aware of the breath, even breathing; II=deepening the exhalation, normal inhalation III= deepening the inhalation, normal exhalation)

Benefits

Physical/Mental/Emotional: Encourage integration and acceptance.

