

# Learn 5 Alignment Secrets

WORKBOOK FOR ALIGNMENT WORKSHOP

Presented By  
Young Ho Kim and TINT Yoga

Your Yoga Practice will  
change - promise!

Hi there,

I'm glad you decided to participate in my alignment workshop "5 Alignment Secrets That Changed My Life"!

As a committed practitioner of yoga, I know you're always looking for guidance on how to make your practice as healthy and safe as possible. I also know that the online yoga world offers a vast number of asana manuals. But here is the thing: As there is continuous scientific research regarding our anatomy, in my opinion we also need to continuously update our yoga movements.

This is why I founded "Inside Yoga". It is often contrary to traditional yoga but I am happy to see that you are open-minded for new alignment techniques. Yes, here and there you will think "Wait – this is not how I learnt it" or "My teacher teaches this differently – that can't be right".

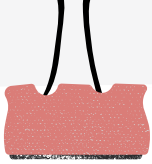
I have heard that so often in my classes I have stopped counting. As often I have then seen yoga students and teachers have little lightbulbs over their heads when they FELT the change in their own body, applying some of the Inside Yoga alignment principles. When they mastered asanas that they had not been able to master before.

So, whether you are a yoga teacher or student, I encourage you to firstly experiment with the alignment principles on your own – and then I ask you to spread the knowledge and help other yogis and yoginis feel better in their bodies.

Now let's start! Listen closely, take notes, practice to feel the difference, and last but not least – ENJOY!

Namasté

*Young Ho Kim*



# Lightness Through Engagement

**What is LTE? What do you have to do?**

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**What happens when you relax the body instead?**

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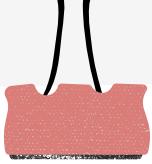
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**LTE helps you to ... ?**

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# Centering

**What do you do when Inside yoga teachers say "Center!"?**

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**There is usually one center of gravity. Where is it?**

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**Fill in the gaps:**

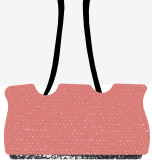
Every movement starts \_\_\_\_\_

and moves \_\_\_\_\_ (Tip: Which direction?).

This principle does not only refer to the \_\_\_\_\_

aspects of your practice but also the \_\_\_\_\_

The center of your \_\_\_\_\_ is the \_\_\_\_\_ moment.



# Joint Lock & Unlock

**What principle of Inside Yoga does this refer to?**

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**Name at least 3 asanas you can apply this to to increase your range of motion:**

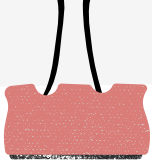
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**Can you think of one asana "Joint Lock & Unlock" does not apply to?**

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# Hasta Bandha & Pada Bandha

**What does Hasta and Pada refer to?**

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**Can you circle the four corners on both hand and foot?**

**How do you activate Hasta Bandha?**

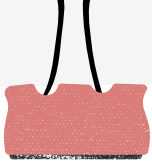
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**How do you activate Pada Bandha?**

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# Shoulder Alignment

**What is a common misconception about the shoulder movement in yoga and why?**

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**What does Inside Yoga teach instead?**

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To bypass compression between the scapula and the humerus, \_\_\_\_\_ rotation of the scapula is required. This can be achieved through these three movements:

1. Move the scapula \_\_\_\_\_ (protraction).
2. Lift the shoulder blade up (\_\_\_\_\_).
3. \_\_\_\_\_ rotate the upper arm.







AND REMEMBER:

*There is no Try.*