

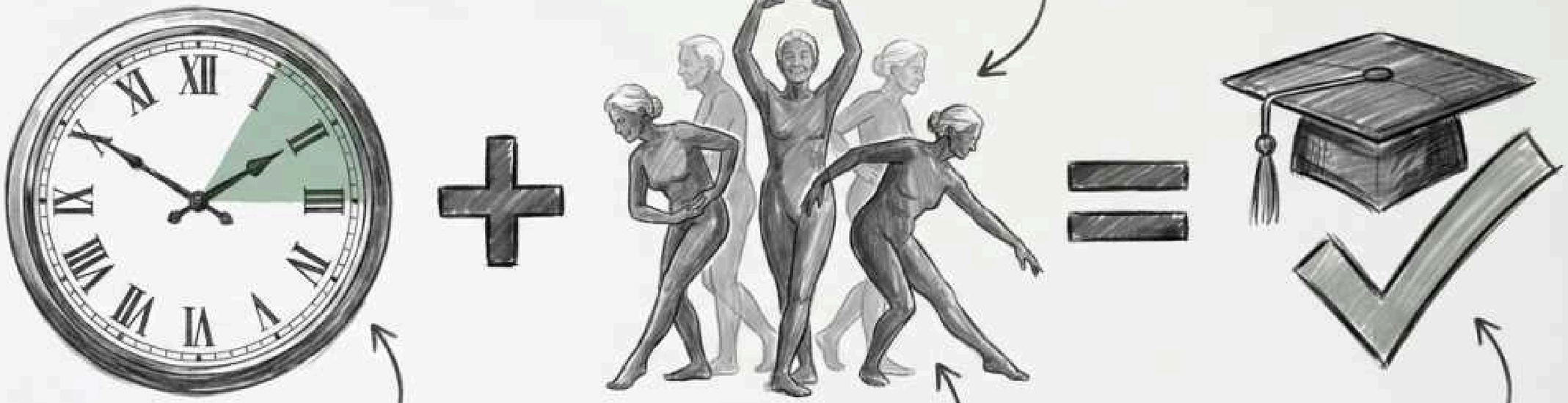
Physiology 160 B: Gentle Yoga for Mobility and Relaxation

A concise course syllabus and visual reference guide.

Gemini Notebook

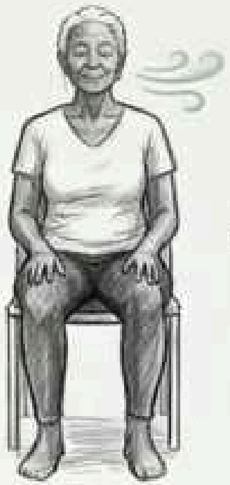
Welcome to Anderson Academy

[0.1]

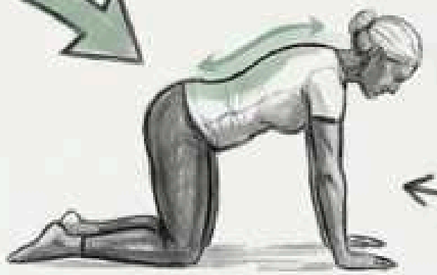


[0.2]

1. Seated breathing (1 min)



2. Cat-cow (6–8 slow reps)



3. Child's pose / Supported seated forward lean (30–60s)



4. Low lunge (30s per side)



5. Gentle seated twist (30s per side)



6. Lying knee-to-chest stretch (30s per side)



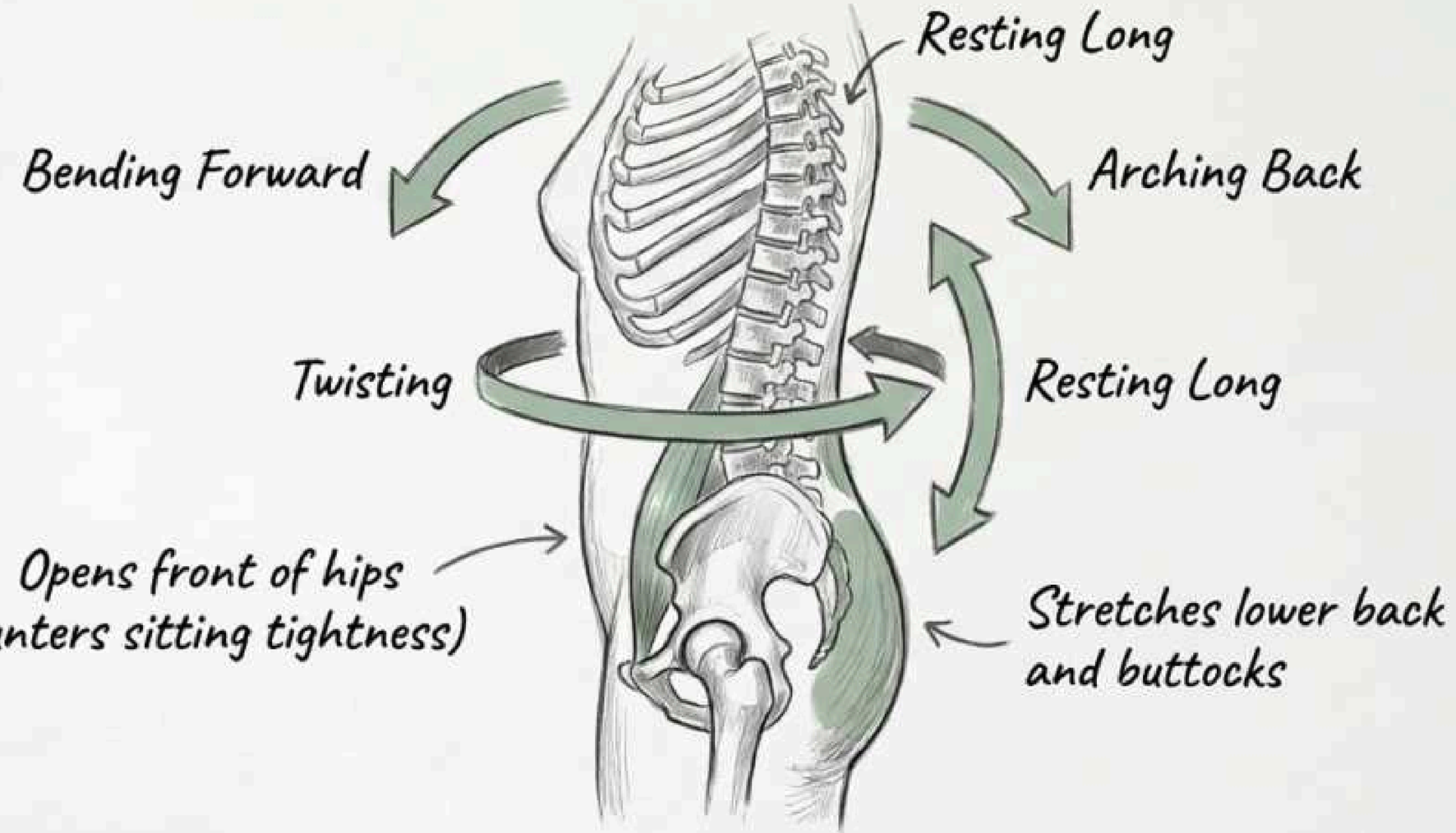
7. Resting comfortably on back (2–3 min)



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The Biomechanical Rationale

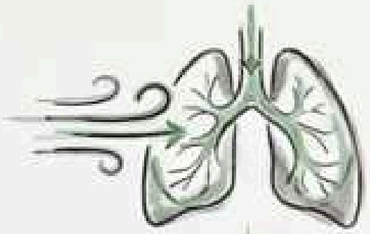
[0.3]



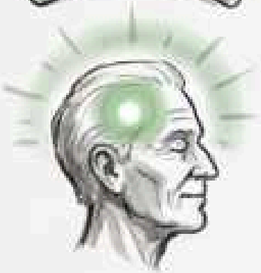
Begins and ends with stillness/breath to settle the nervous system.

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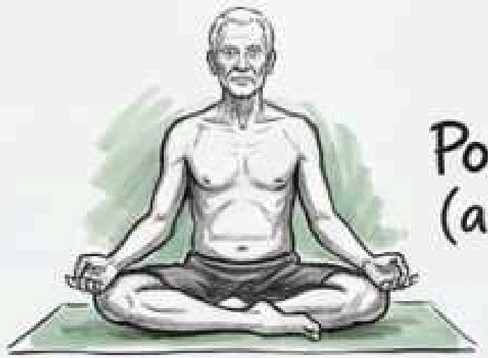
Classical: The Yoga Sutras (Patanjali)



Breath (pranayama)



Mind (meditation)



Posture (asana)

YOGA = Sanskrit for Union / Yoking

Modern Postural Yoga (20th Century)



Gemini Notebook

Clinical Research & Evidence

[0.5]





Generally safe for healthy people under proper guidance.



Note: Evidence for many specific medical conditions remains limited.

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[0.6]

L1

Seated Breathing
(Calms the body)



L2



Cat–Cow
(Movements of
the spine)

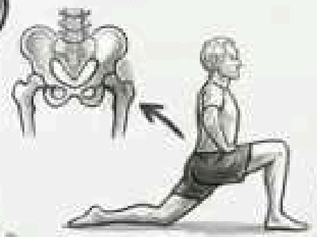
L3





Child's Pose &
Supported Forward Lean

L4



Low Lunge
(Hip flexors)

L5

Gentle
Seated
Twist



L6



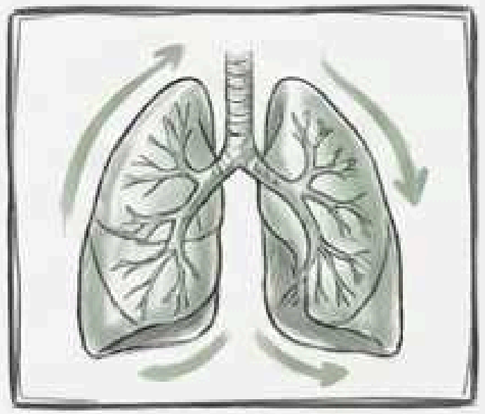


Knee-to-Chest,
Final Rest &
Full Routine Integration

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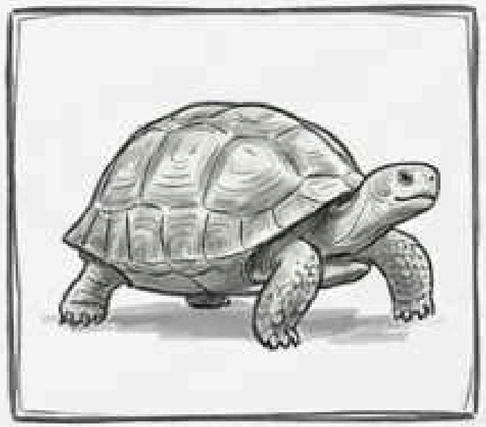
Three Core Principles

[0.7]



Breath Leads

(Slow, easy breathing guides every move)



Slow & Small > Deep & Fast

(Move within a comfortable range; never force)



Rest is Practice

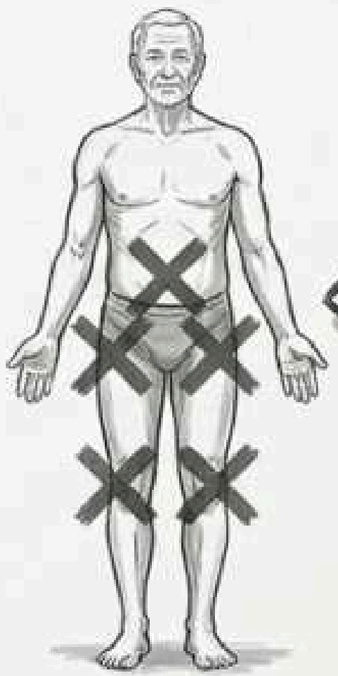
(Stillness at the start and end is where calming happens)

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Safety & Contraindications (Education, not medical advice) [0.8]



Tension Gauge



Ask your doctor/PT if you have:
Hip/knee replacements, osteoporosis, recent surgery, back conditions, glaucoma, uncontrolled high BP, or are pregnant.

Every move in this course has a gentler version.

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Physical Setup & Logistics

[0.9]

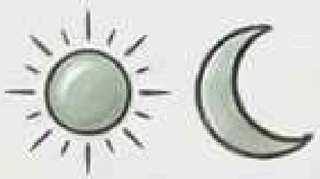




Comfortable clothes



Practice on an empty or light stomach.



Choose a quiet time: morning, or evening before bed.

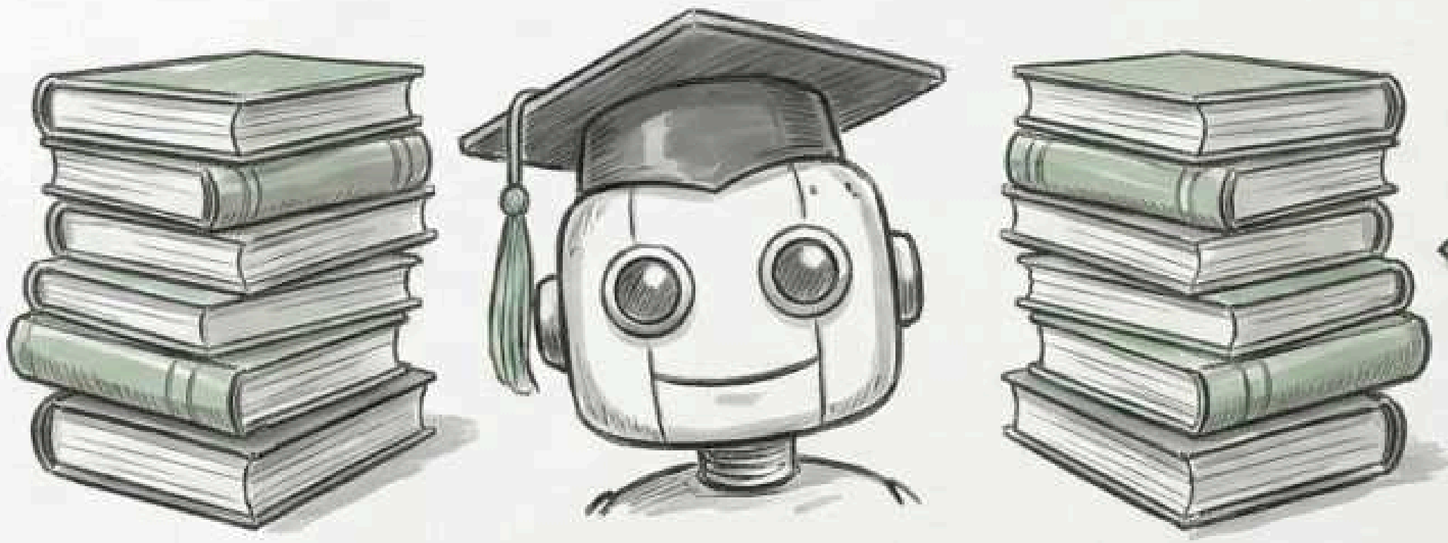
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Study Mechanics

[0.10]

Every paragraph is numbered (e.g., Lecture 3, Paragraph 5 = 3.5).

[Practise Along] + [Short Quizzes + Final Exam + Tripos-style Essays] = Success.



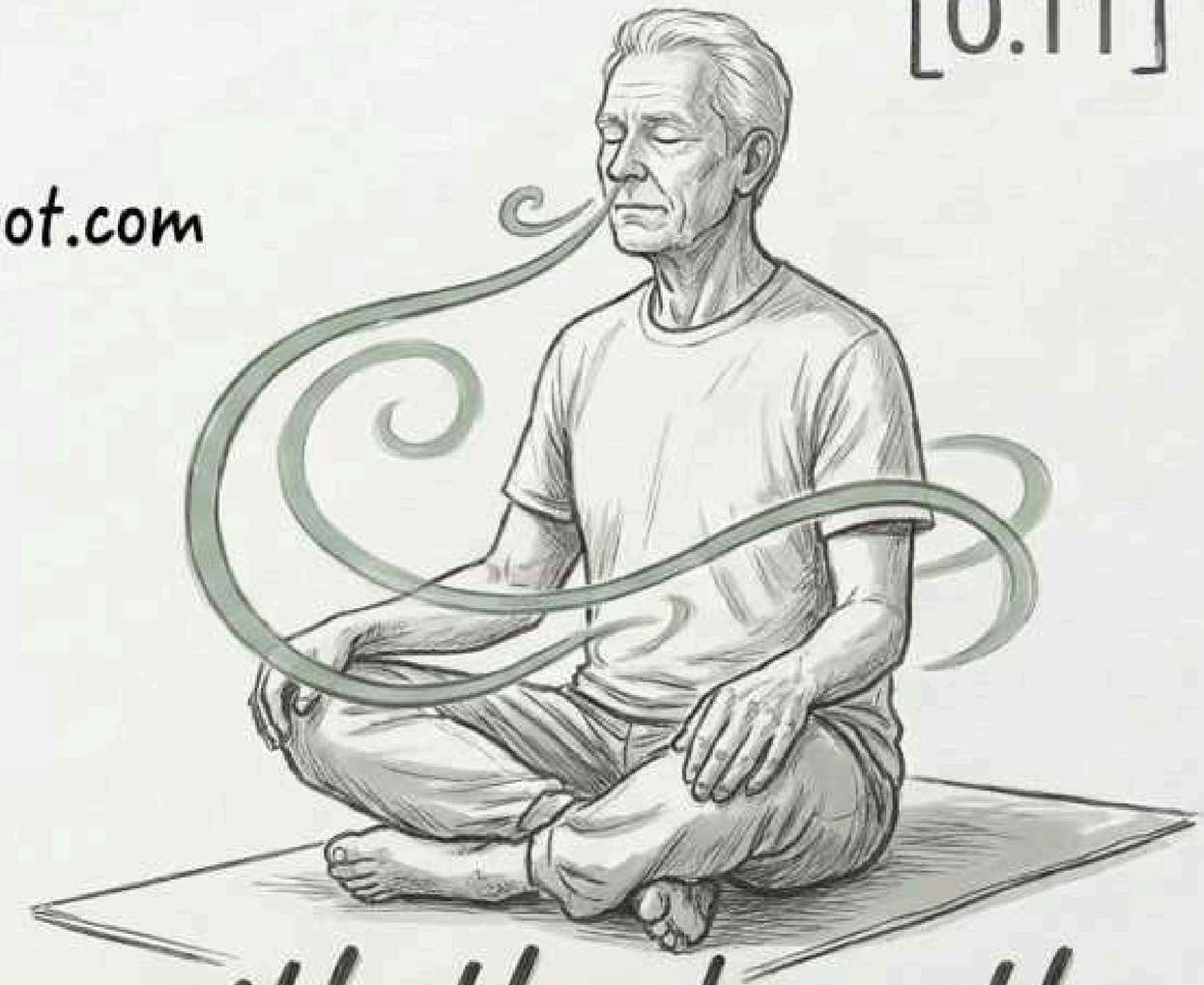
Developed with AI under human direction. Verified against standard yoga & exercise science sources.

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[0.11]

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Now let us begin with the breath.