

## Postural Assessment Checklist

Objective: to ground and release the spine and joints in order to facilitate the breath

### Look at the following:

#### In Tadasana:

- Alignment (Cg - centre of gravity)
- Balance and evenness of body weight through both sides of the body
- Balanced level of: ears, across shoulders (at the back; shoulder blades front; collar bones), waist, iliac crests of hips, creases of each buttock, backs of knees, ankle bones)
- Presence (or lack of) spinal curves, lateral deviations i.e. scoliosis
- Freedom at the hips and shoulders
- Placement of feet/ankles/knees
- Breath-body cavity
- Postural tone
- Overall muscular tightness, holding patterns, imbalances affecting posture

#### Observations when moving and doing asanas:

How do the observations above affect movement?

NB: Always good to observe a student's posture as they are coming in to the room, how they put their bags down for instance. Observing them whilst they are unaware informs us about their everyday posture, alignment and gait.

- Every pose should allow spinal freedom and range of movement (ROM) should not be restricted e.g. going too low in Trikonasana and restricting rotation of thoracic spine
- Observe the effects of gravity on the body: too much effort? too little?  
Which side is tighter, more restricted?
- It is easier to move the shoulders and hips when standing as opposed to sitting.  
Why do you think this is?

- Postural habits/spinal deviations are exaggerated in inverted poses, so this would need to be considered when your student does them.
- How could these observations affect your student's breathing pattern?

**As well as looking at the above, it is also important to look at what they can do!**

**Points to consider when correcting:**

- Usually one looks at the base first i.e. shoulders might be lifted due to alignment issues or lack of grounding in the feet, legs and pelvis
- Release movement from the centre out
- There should be no joint pain (such as lower back, neck and knees).
- No tension or strain, holding breath