

Physiology pre workshop study

Inside The Trunk

Your last physiology and due to time, we will be only touching on each. Please try and do both the Anatomy Colouring book colouring and read the two chapters in the Concise Human Body Book.

1. Urinary system - sub & retro, lower and back cavities

Refer to **The Anatomy Colouring Book** for both the Urinary & Digestive Systems.

1. Read and colour the page entitled 'Urinary Tract' regarding the paired kidneys and ureters, and single bladder and urethra. Note the positioning of the kidneys in relation to the spine and lower ribs. Also note the relative position of the bladder, uterus/vagina, and the rectum/anus etc
2. Read and colour the page entitled 'Kidney Structure'. Note the blood in- and out-flow and urine output.

2. Digestive System

1. Read and colour the page entitled 'Overview of the System'. Note the function of each section of the alimentary canal and of each of the accessory organs.
2. Read and colour the page entitled 'Peritoneum'.

Concise Human Body Book:

Read the digestive system chapter just to remind you of how it works, especially the digestive tract.

Once you have read each, incorporate into your yoga practise visualising the pathway of each.

We will be doing more of this when we meet.