

Spine & Back Considerations Quiz

1. What are two primary objectives of *asana* that relate to the spine?

2. What is compensation as it relates to spinal curves and why is it important?

3. What three initial teachings related to the spine might you consider conveying to your students?

4. How might you teach students to feel their natural spinal curves?

5. Describe a simple exercise for students to learn more about their particular body and potential compensation patterns.

6. What are two common compensation-related issues?

7. What teachings can help students to address the common compensation-related issues?