



Jory Serota: Versatility in Movement: An exploration of Alignment Vs. Variability



Jory Serota is the founder of Applied Yoga® and has taught internationally since 2010. With over 20 years of experience in kinesiology and various movement disciplines, he is a pioneer in establishing the link between yoga, physical therapy, personal training and massage. Explore versatility in asanas and discuss alignment variability.

TOP EMBODIMENT TIP: Challenge the known to reap the benefits of the unknown in an asana

Versatility in Asanas: **Control and Developing strength**

- In Iyengar yoga, Jory admired the biomechanics, injury prevention and rehabilitation potentials in the practice.
- Shortly after, he discovered that the body: *“Heals repairs and strengthens in the ranges of motion that we challenge it”* - Davis’s Law.
- Outside the asana is where an incredibly large aspect of the human experience is located.

Alignment vs Variability: **Challenge the Practice**

- Strengthen and move in all places with fluidity, awareness, consciousness and strength.
Example: Internal and external rotation in the shoulder joint with the arms hovering on a horizontal line.
- **Child’s Pose:** The inner part of the shoulder upwards and outer part of the shoulder downwards.
- **Downward-facing Dog:** Internally and externally the shoulders are stretching the neck.
- **Uttanasana:** Relax the neck for a massage.
- Challenge the extremes of flexibility and motion by shifting the weight forward and back to the right and left without lifting up the feet and feel the hamstring flexibility and sciatic nerve.
- **Warrior 2:** Track the knee inside and feel the abduction vs adduction and notice the strength in the glute.
- NOTE: The legs, when standing, have an acute angle from the femur towards the knees; thus, **having the knees at 90 degrees is slightly going against our anatomy.**
- **Warrior 2:** Turn the front foot in and out for glute strengthening and an abductor stretch in the groin.

Resources:

- ❖ **Website:** AppliedyogaIntegration.com
- ❖ **Facebook:** [Applied Yoga Integration](https://www.facebook.com/AppliedYogaIntegration)



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Leslie Kaminoff,

co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

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