Yoga Pose Drawing: Joint Landmarks and Balance Lines

Original task 1 / independent drawing and calculation

Task 1

Construct a kneeling pose with one knee on the baseline and the other foot forward. Use a baseline-to-midline height of 10 grid squares. Place the pelvis center 3 squares below the midline and the head center 2 squares above it. Place the forward knee 3 squares below its hip, and place the kneeling knee on the baseline. Check balance.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

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Original task 2 / independent drawing and calculation

Task 2

Construct a seated forward-fold pose with the pelvis on the baseline and both feet extended forward. Use a baseline-to-midline height of 8 grid squares. Place the head center 1 square below the midline and the pelvis center on the baseline. Place both knees 2 squares above the baseline and both ankles on the baseline. Check balance.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Yoga Pose Drawing: Joint Landmarks and Balance Lines

Original task 3 / independent drawing and calculation

Task 3

Construct a standing pose with one arm raised overhead and the other arm at the side. Use a baseline-to-midline height of 12 grid squares. Place the pelvis center 4 squares below the midline and the head center 2 squares above it. The raised hand is 5 squares above the head center. Check balance.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Yoga Pose Drawing: Joint Landmarks and Balance Lines

Original task 4 / independent drawing and calculation

Task 4

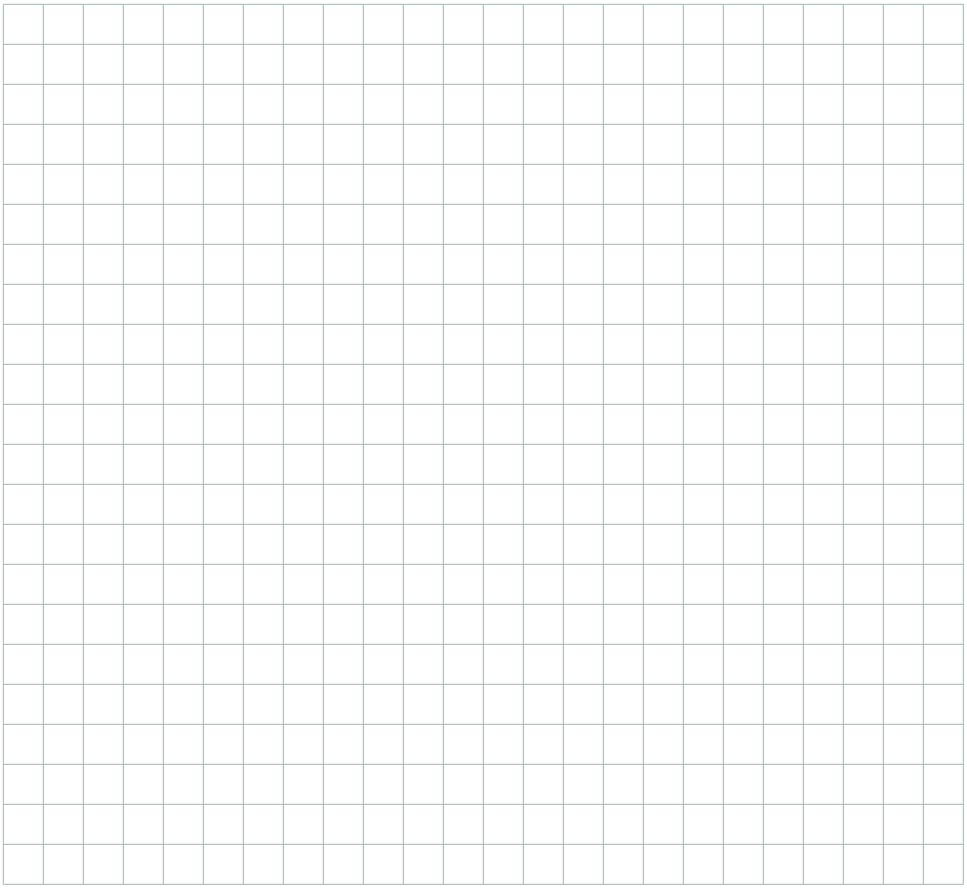
Construct a pose on hands and knees with both hands and both knees on the baseline. Use a baseline-to-midline height of 9 grid squares. Place the pelvis center 2 squares above the midline and the head center 3 squares above the midline. Place both shoulders 1 square below the head center and both hips at the pelvis center level. Check balance.

Keep the original task measurements. Use the full drawing sheet in this PDF for a response needing more room; use the stated paper size when a task specifies larger paper.

Full drawing sheet / reusable blank workspace

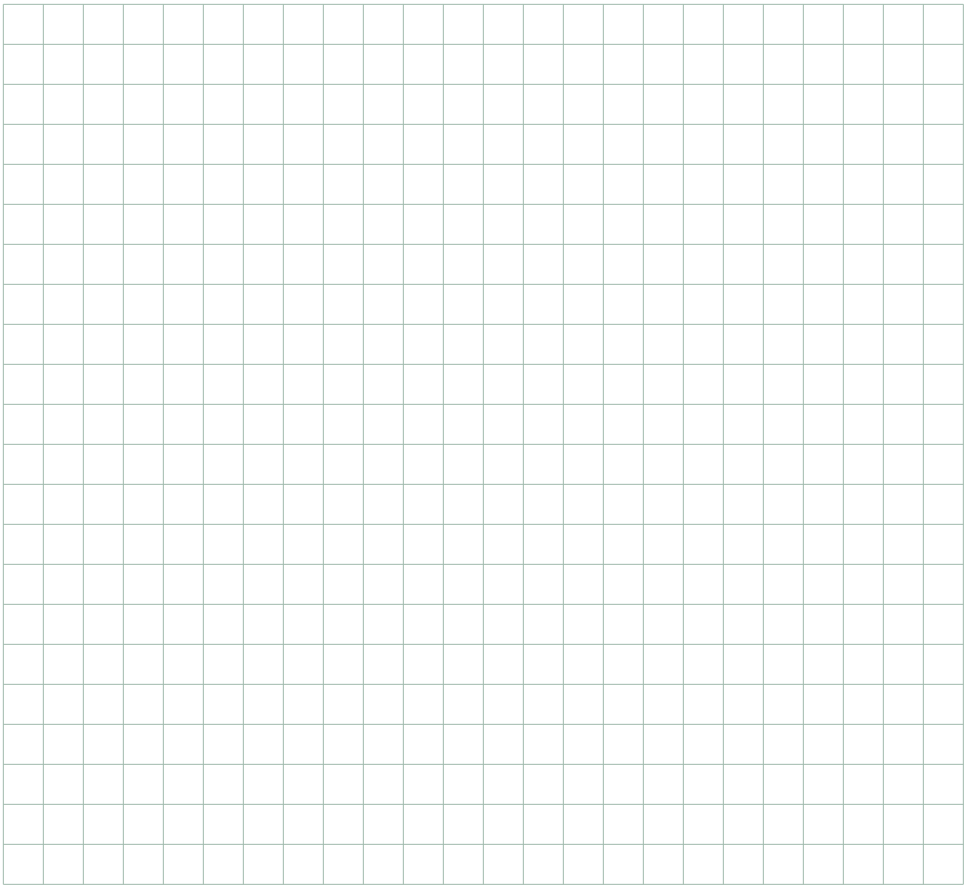
Reusable full drawing sheet for Tasks 1 to 4. Print another copy when needed. Keep all original task measurements; if a task specifies larger paper, use that paper size.

Landmark scaffold / grid heights and a separate assumed vertical guide



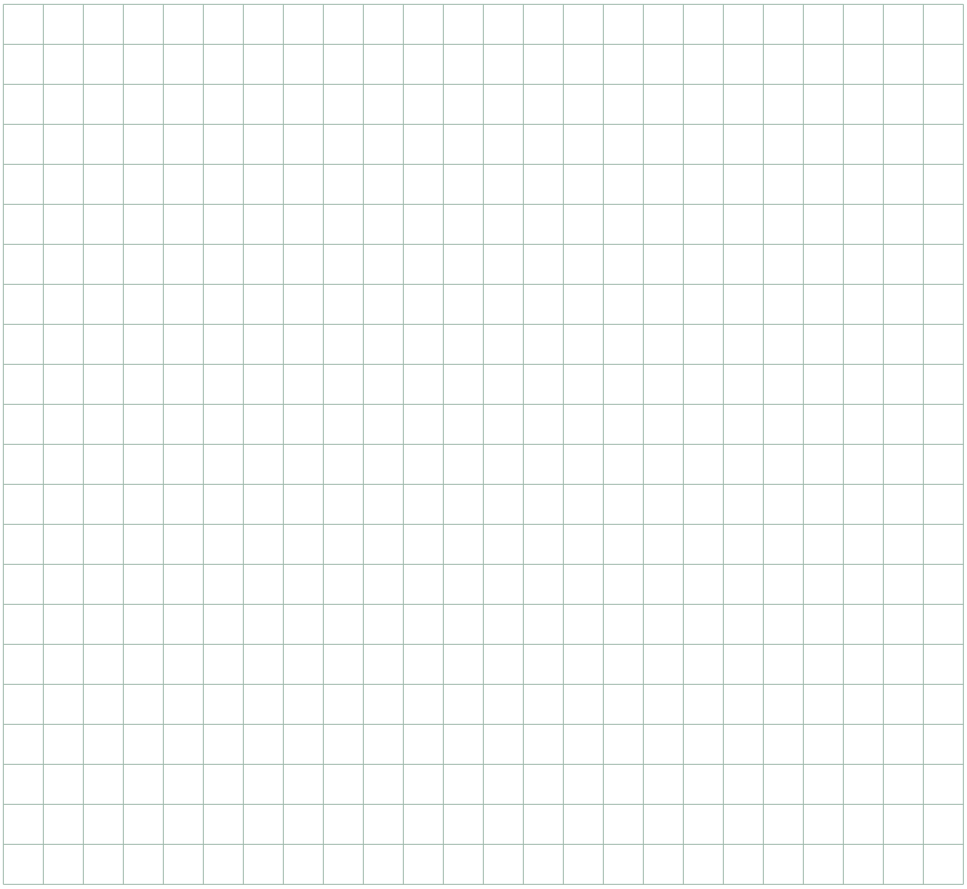
Unplotted grid: construct the original pose yourself. One cell is one square.

Landmark scaffold / grid heights and a separate assumed vertical guide



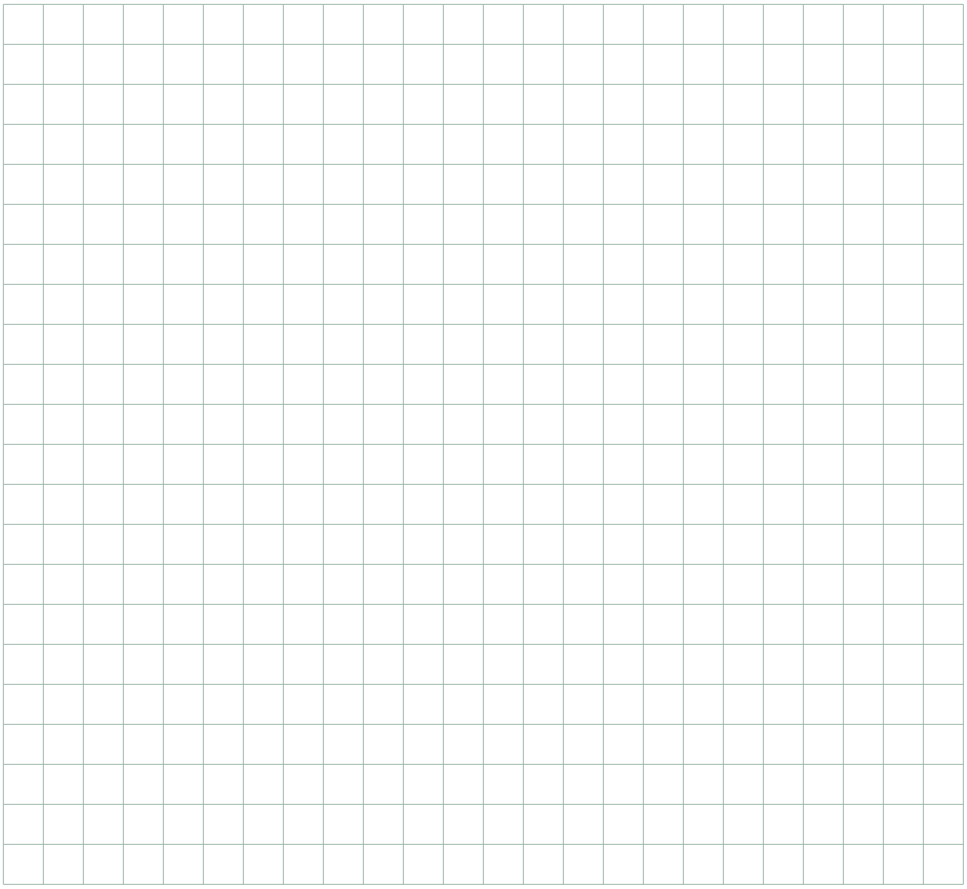
Unplotted grid: construct the original pose yourself. One cell is one square.

Landmark scaffold / grid heights and a separate assumed vertical guide



Unplotted grid: construct the original pose yourself. One cell is one square.

Landmark scaffold / grid heights and a separate assumed vertical guide



Unplotted grid: construct the original pose yourself. One cell is one square.