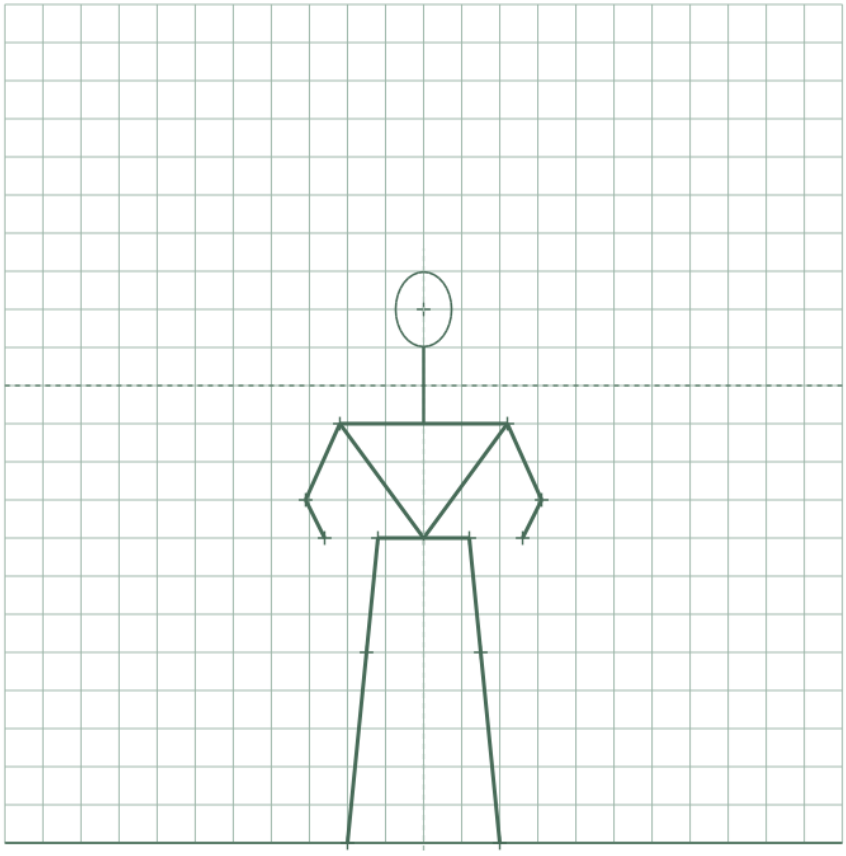
Yoga Pose Drawing: Joint Landmarks and Balance Lines

Ordinary topic reference / separately checked pixels



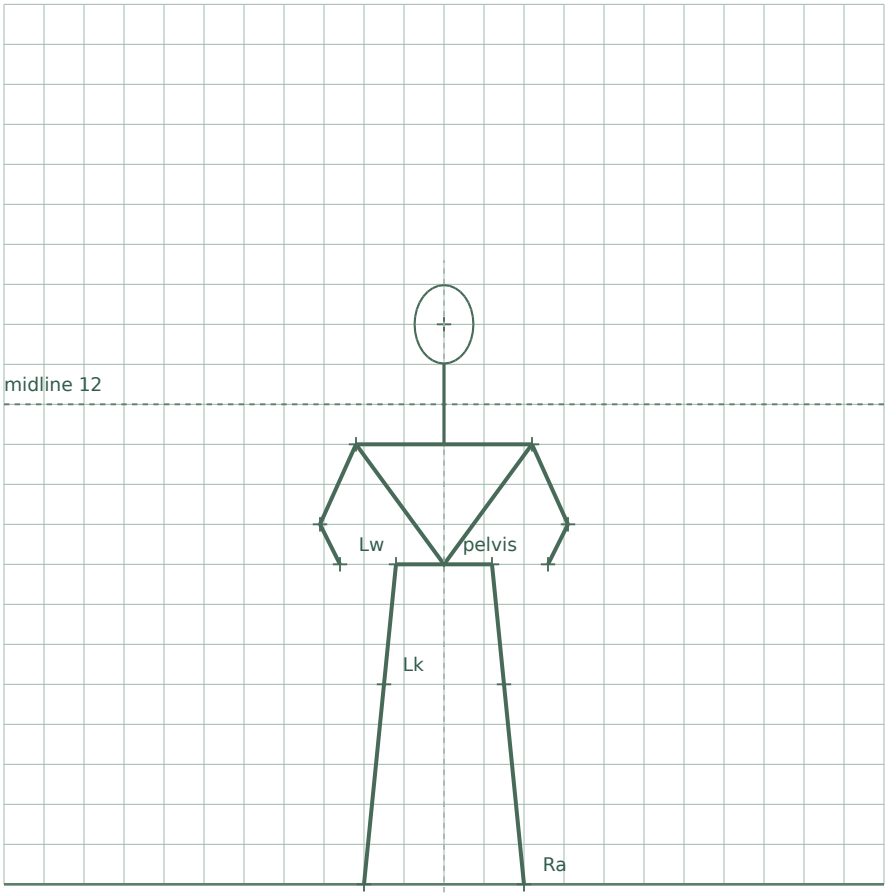
Yoga Pose Drawing: Joint Landmarks and Balance Lines

Original worked example / unchanged complete key

Prompt: Construct a standing yoga pose with both feet on the baseline, using 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. Check balance.

Answer: Mark the baseline and a support area spanning both feet. Place the pelvis center on the separate vertical balance guide, 4 squares below the midline. Place the head center 2 squares above the midline. Add shoulder crosses 3 squares below the head center (landing 1 square below the midline), hip crosses at the pelvis center level (4 squares below the midline), knee crosses 3 squares below the hips (7 squares below the midline), and ankle crosses on the baseline. The separate vertical balance guide passes through the support area, so the chosen drawing-guide check passes. Paired shoulders are at the same height, and paired knees are at the same height, so the proportion check passes.

Landmark scaffold / grid heights and a separate assumed vertical guide



Crosses mark the source landmarks; neutral lengths and horizontal offsets are chosen.

The gesture scaffold may lean or fold. The dashed vertical line is a separate classroom assumption inside the drawn support span, not a measured center of mass or a claim that this construction proves physical equilibrium.