

Sketching!

Why would you sketch?

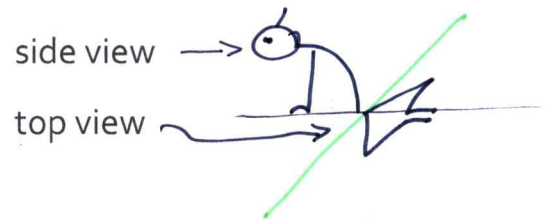
- Memorize your sequence
- Align detail you want to capture
- Black-out prevention
- Easier to read than a list with Sanskrit names

1. Keep it simple

Perspective

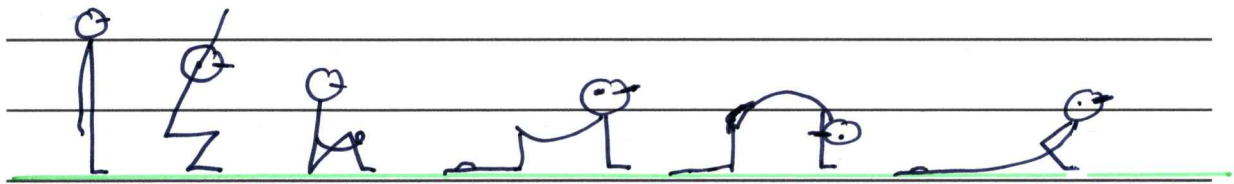
- Side view
- Front view
- Top view (draw the mat)

Some asana's are a combination of the two

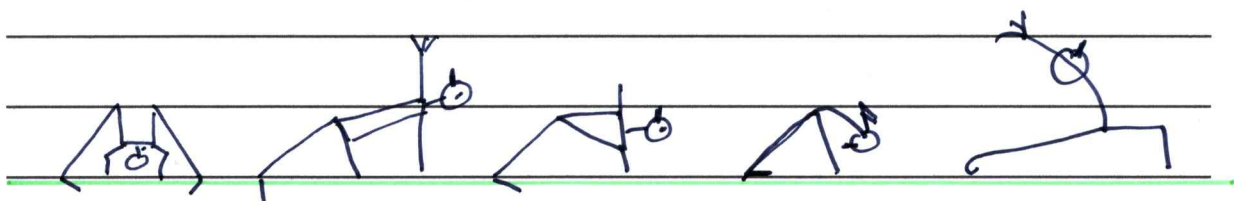


Exceptions for perspective

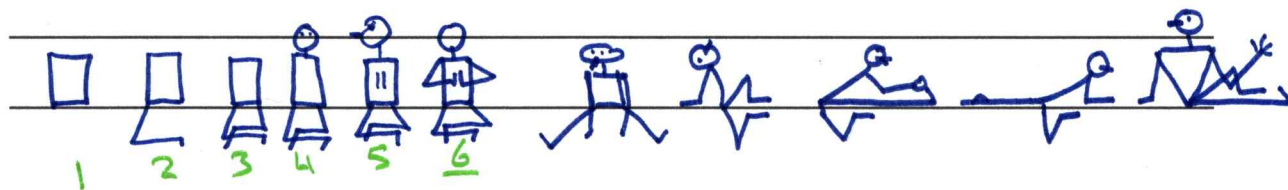
Using the Base line:



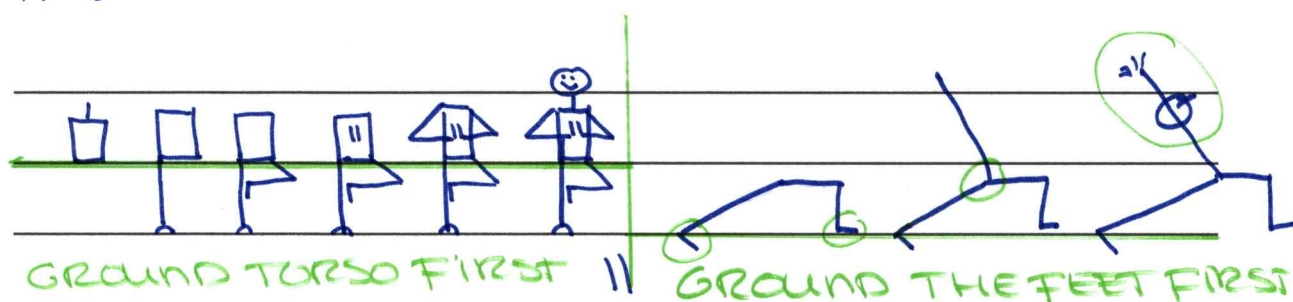
Standing postures: **Heel** on base line, Sitting postures: **torso** on base line



Sitting: ground the base of the torso first on the base line
AND BUILD UP THE POSE FROM THERE.

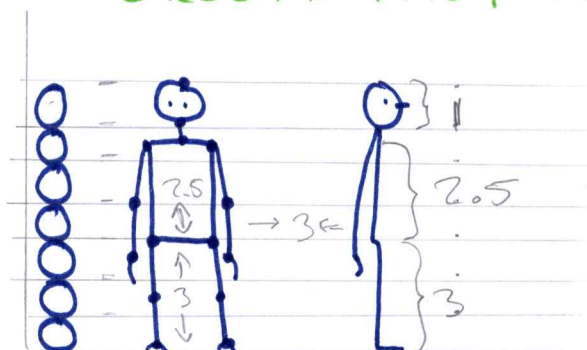


Standing with straight legs: anchor torso first on second line ...
AND CONNECT THE LEGS WITH THE GROUND AFTERWARDS.



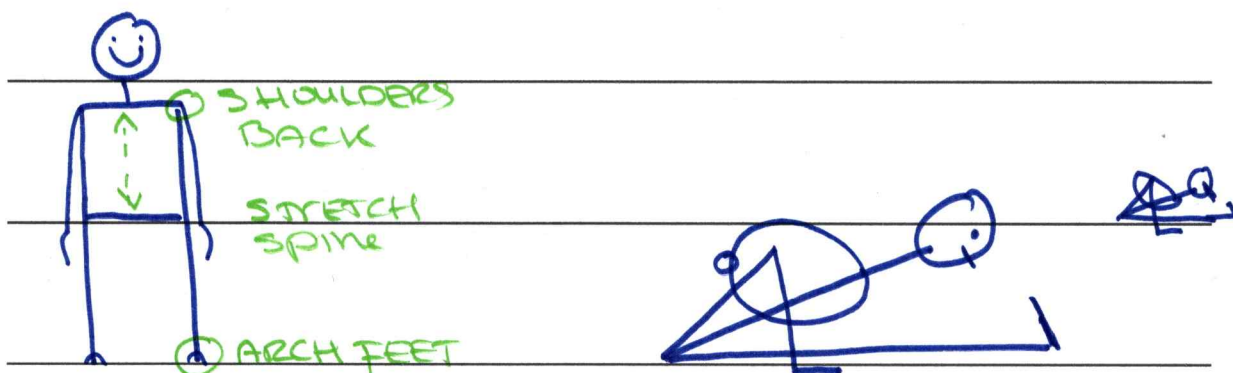
Proportions: 7 heads

- 1 head
- 1/2 neck
- 2 1/2 torso
- 3 legs
- 3 arms
- 1/2 hands
- 1/2 feet



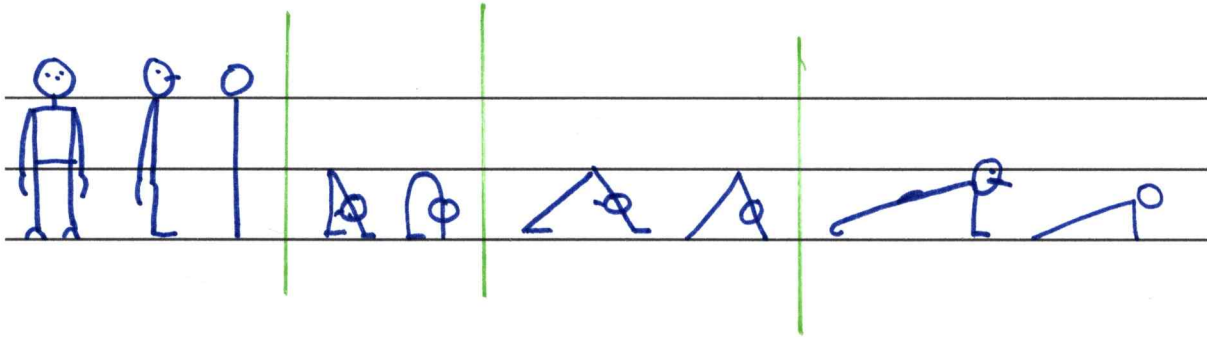
You can Start with adding dots on knees and elbows to get the proportions right

The bigger you sketch, the more detail

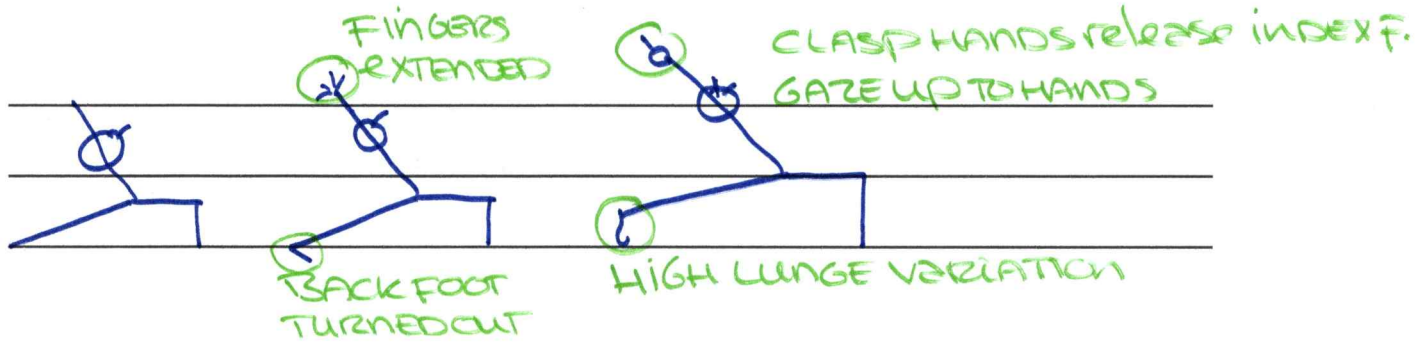


THE SMALLER, THE LESS DETAIL.
FIND YOUR OWN COMFORTABLE SIZE IN SKETCH!

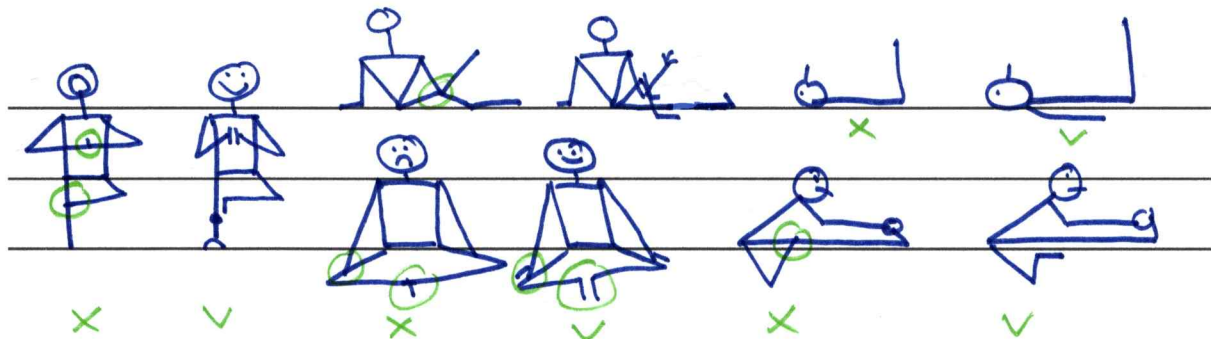
Detail or not?



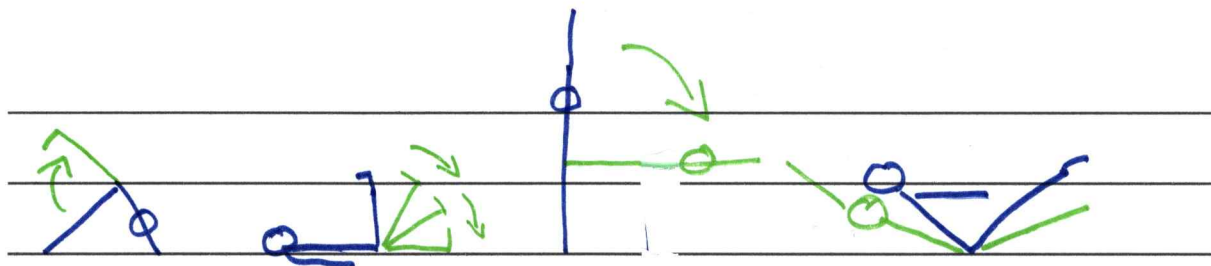
Add parts / details that are new



Clarity over realism: touch and overlap



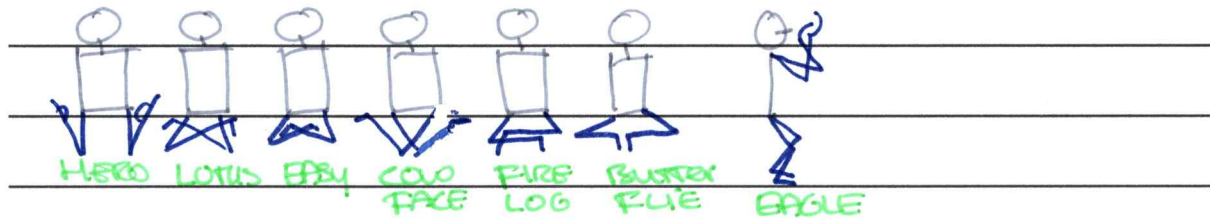
Use of colour for detail and movement



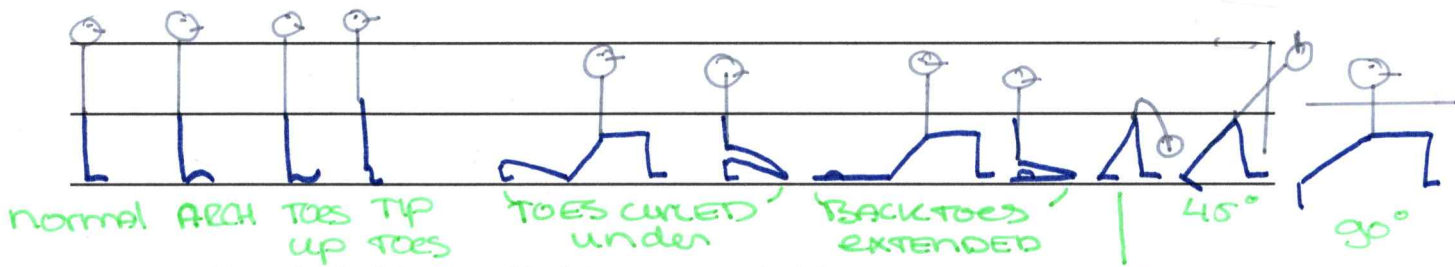
Putting together a serie / sequence: try it yourself!

Body parts in basic variations:

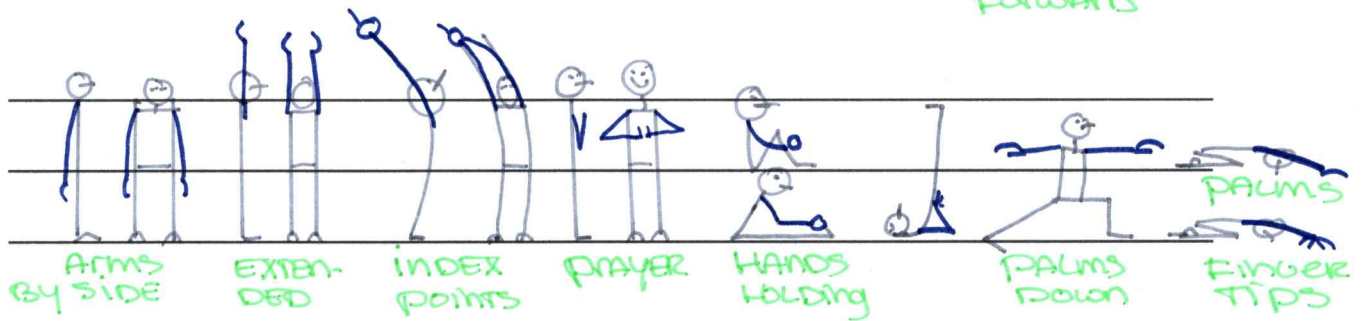
Classic sitting variations



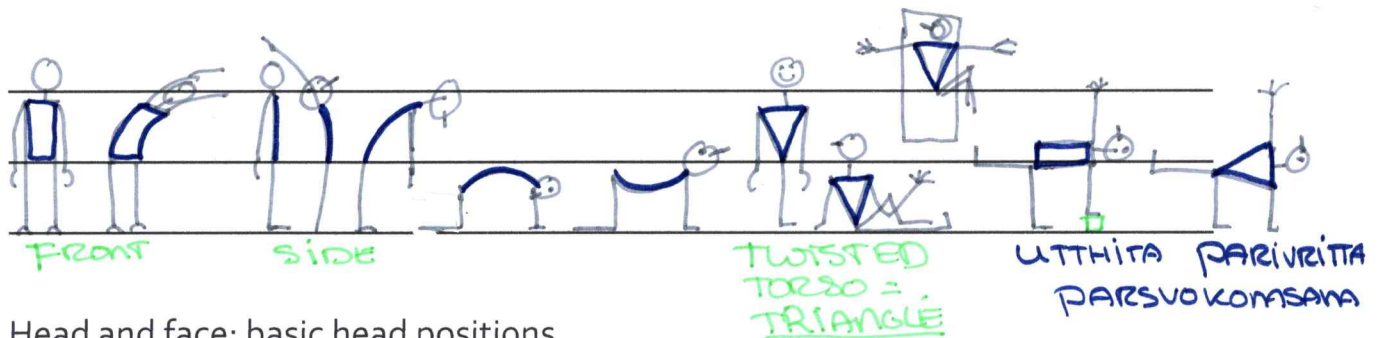
Legs and feet, kneeling and sitting legs and feet



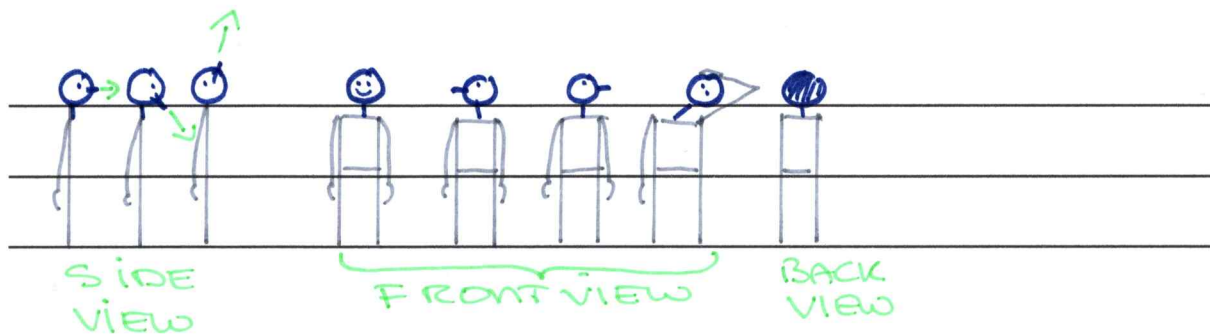
Arms and hands, holding and binding, extended fingers



Torso: basic positions, twisting



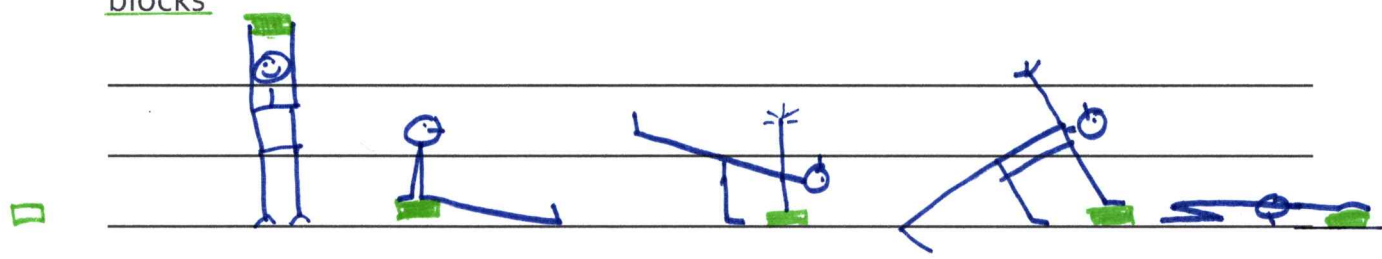
Head and face: basic head positions



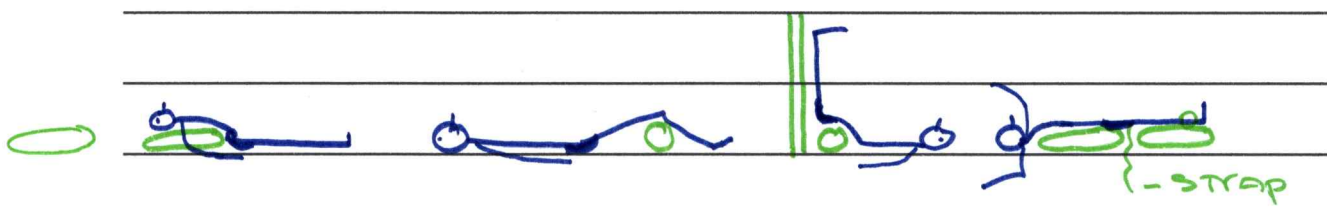
Props:



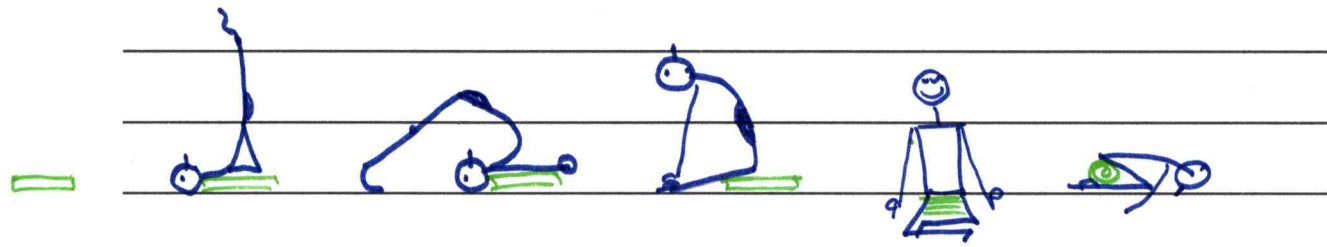
blocks



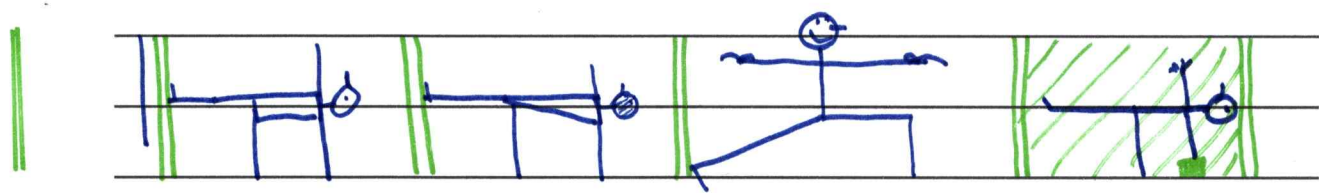
bolsters



blankets



wall



straps

