

How to:



Savasana Corpse

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- Lie down on your back and relax.
- Let your toes flare out to the sides.
- Set your arms down beside the hips with your palms facing up.
- Close your eyes. Breathe deeply in and out through the nose. Rest.

MY EXTENDED SCRIPT (what I like to talk about in this pose)