

How to:



Uttanasana Standing Forward Bend

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:

- Lengthen your spine, suck in your stomach, bend your knees, and squat down. Press your belly into your thighs and lift your hips.
 - Peddle your knees, work on lifting your hips a little higher, allowing the back of the legs to open gently.
 - Let your head hang.
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- To plank: Bend the knees, drop your hands to the floor and step one foot back.
 - To standing: Bend the knees, spread your wings and push up.

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