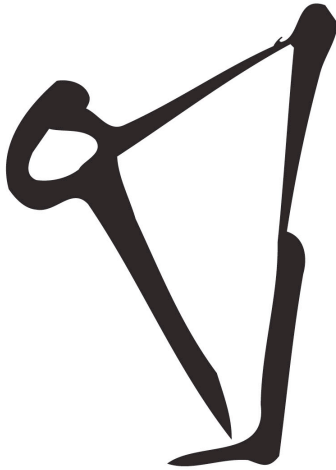


How to:



Ardha Uttanasana

Standing Half 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:

- Place your hands on your shins or quads and lift your chest up.
- Pull your shoulders onto your back and lengthen the spine;
- Straighten the back of the legs, and slowly press your heart toward the floor.
- Don't force it; the back of the knees should not scream

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